A-GENDA

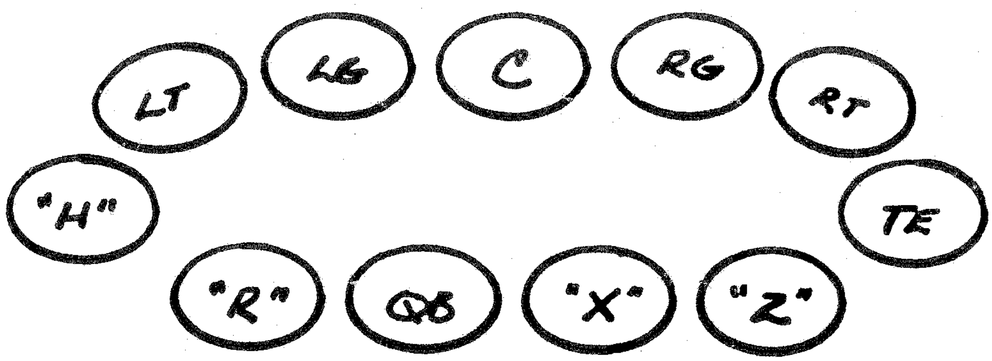
TABLE OF CONTENTS

(GENERAL OFFENSE)

86 FALCONS

GENERAL OFFENSE

I. HUDDLE:



A. ALIGNMENT:

(1) FRONT 5- Center and Guards back parallel to LOS. Tackles turned in at approximate 45° angle! Hands on knees - good squared up position - eyes on QB!

(2) BACKLINE - Align in corresponding gaps created by the front 5- hands on knees - good squared up position!

(3) Y and H - Close out huddle facing each other - hands on knees - good squared up position - eyes on QB!

B. PROCEDURE:

(1) CENTER - Set huddle - 7 yards deep directly behind the football!

(2) QUARTERBACK - Steps into the huddle and calls the formation - movement if any - play and starting count!

(3) THE BREAK - On the command of "READY-BREAK"--all clap hands - turn inside - jog to LOS and affect our lineup!

C. POINTS OF EMPHASIS:

(1) QB must constantly be aware of the amount of time remaining on the 30 second clock!

(2) Huddle discipline is of importance as this is where every successful play begins.

(3) Get in and out of the huddle as quickly as possible as we only have 30 seconds between each play!

GENERAL OFFENSE

II. METHOD OF CALLING THE PLAY AND STARTING COUNTS:

A. NORMAL METHOD:

(1) QB will call the play in the following manner!

(a) FORMATION
(b) MOVEMENT AND DEPLOYMENT -- if any!
(c) THE PLAY
(d) THE STARTING COUNT

(2) Example of Huddle Call:

(a) TRIPS RIGHT
(b) FAKE WHIZ
(c) 40 GUT
(d) on "RED"

B. OTHER METHODS:

(1) CHECK-WITH-ME - This method gives the QB the option of calling two or more plays in the huddle! The term CHECK-WITH-ME is to alert the team that the QB will make the final decision at the LOS!

(a) HUDDLE CALL - Trips Right - 20 Reach or 60 Outside - Check-With-Me- on Red!

(b) LOS CALL - Set - RED 20 - RED 20 - indication 20 Reach is the play on starting count of Red!

(2) "ATLANTA-ATLANTA" - A term the QB will use to alert the offense to line up on LOS without going into the huddle. After the command of "ATLANTA" the QB will then give the formation; play; and the starting count! NOTE: This will be a game planned situation!

C. STARTING COUNTS:

The single greatest advantage that the offense has over the defense is that we know when the ball will be snapped. Thus, it is imperative that we as a team concentrate on the starting count and explode off the LOS together! Our starting counts will consist of the following options:

(1) 1st Sound - "SET"

(2) On Go - "SET" --GO!

(3) On Red - "SET" - GREEN 30 - GREEN 30 - HUT 1!

(4) On White - "SET" - BLACK 40 - BLACK 40 -HUT 1 - HUT 2!

(5) On Blue - "SET" - ORANGE 20 - ORANGE 20 - HUT 1 - HUT 2 - HUT 3!

GENERAL OFFENSE

III. AUDIBLE SYSTEM:

We want to use a simple, yet competent audible system to check out of the BAD PLAY versus some of the different defensive looks we will see!

A. AUDIBLE MECHANICS:

(1) Our system is based on the REPEAT of the starting count called in the huddle by the QB! EXAMPLE: If the starting count is on "RED" and the QB repeats the RED CALL after the initial command of "SET" the next number called is the new play! QB will repeat the play twice for SOAK-IN-TIME for the offensive team!

(2) When the starting count is on "SET" or on GO -- it will not be possible to check to another play!

(3) Whenever a LIVE AUDIBLE changes the original play our starting count will remain the same as called in the huddle - which is also being repeated on the LOS! Example -- if RED is called in huddle - RED will be repeated on LOS!

B. EXAMPLES:

(1) "DUMMY" or FALSE CALLS:

(a) HUDDLE CALL - Trips Right Bang - 40 Lead Nose on Red!

(b) LOS CALL - Set - Green 90 - Green 90 - Hut 1

Dummy call of GREEN was made - Running 40 Lead Nose on RED (HUT 1)

(2) CHECKING TO A NEW PLAY:

(a) HUDDLE CALL - Trips Right - 989 on White!

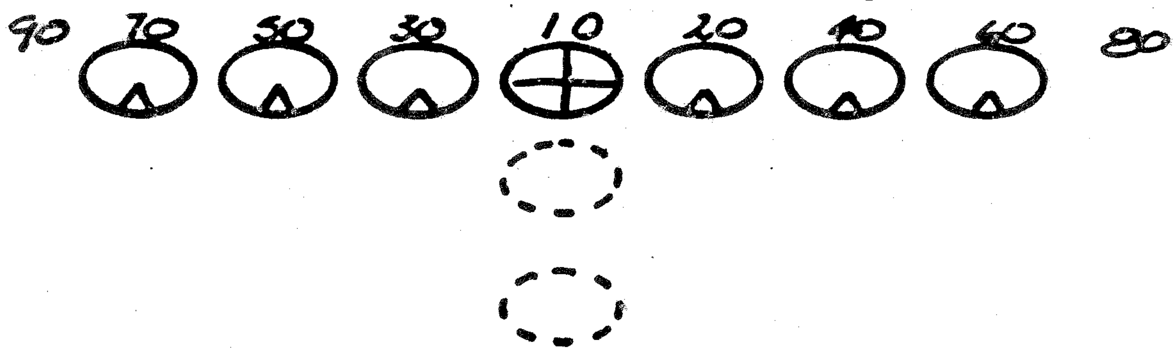
(b) LOS CALL - Set - White 60 - White 60 - Hut 1 - Hut 2!

QB has used the live color of WHITE and the new play is 60 Outside!

GENERAL OFFENSE

IV. HOLE NUMBERING SYSTEM:

We will number our holes according to the points of attack with EVEN numbers going to the Right and ODD numbers going to the Left. The placement of backs or the spreading of Wide Receivers will have no effect on the points of attack.



(1) A play hitting wide to the right will be an 80 hole play; over the butt of the Tight End will be a 60 hole play; over the Right Tackle will be a 40 hole play and over the Right Guard will be a 20 hole play. Odd Numbers are always on the left side -- they are exactly the same as discussed above for the right side!

(2) 10 - which is the 0 and 1 holes are directly over the center box!

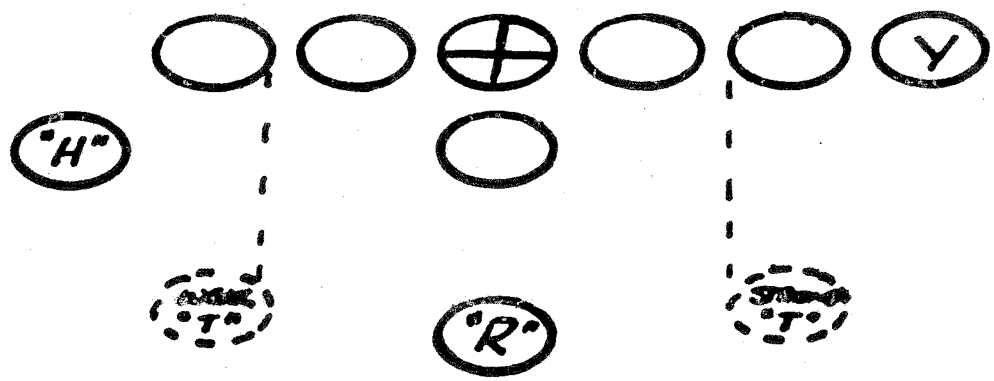
(3) We will have a variety of different blocking schemes and backfield actions for attacking each hole. Each play will have a descriptive word added to designate the backfield action.

(4) We will not flip-flop our interior offensive line. However, other personnel such as Y; H; R; X; Z will align according to formation call and movement!

GENERAL OFFENSE

V. SPLITS AND ALIGNMENT: (LINE UP)

BASIC I BACK SET



In order for our offense to be successful, there are certain "LITTLE THINGS" that must be adhered to by our offensive football team.

(a) Must have a perfect LINEUP! (Alignment)

(b) Take proper SPLITS - stretch our opponents defenses!

This will take concentration on each individual's part and a lot or "pride" in doing things the right way!

A. LINEUP: (ALIGNMENT)

(1) OFFENSIVE LINE

(a) The Front Six (Center-Guards-Tackles-Tight End) will take their stance immediately upon reaching the LOS with the exception of the GUARDS and TACKLES, who will use a preset (elbows on knees-back flat) position!

(b) The Front Six will align with down hand even with the bottom of the number's on the Center's jersey. Guards will be responsible for setting the lineup of the Front Six.

(2) "R" ALIGNMENT

Line up directly behind the QB with your feet 5 yards from the back tip of the ball. This is referred to as the "Q" position. Certain plays will require you to align in a "T" position. The "T" position - whether weak or strong - is splitting the inside leg of the offensive tackle -- depth may vary according to play, but basically will be 5 yards from the back tip of the ball.

(3) "H" ALIGNMENT

In a SPREAD formation the "H-Back" will line up 3 feet outside of the offensive Tackle and 3 feet off of the LOS. Your hand should be on the same line as the feet of the offensive Tackle. In a TRIPS formation, line up 3 feet outside of the Tight End and 3 feet off of the LOS. Your hand should be on the same line as the feet of the Tight End!

B. SPLITS:

(1) Guards:

Your split will vary from 2 feet to 3 feet depending upon the defense and the play. In certain situations--such as goalline - may have to close split to 1 foot!

(2) Tackles:

Your split will vary from 3 feet to 4 feet depending upon the defense and the play. On all plays that end with 20-30; 40-50 take a maximum split of 4 feet. In certain situations--such as goalline - will close split to 3 feet! On all protections and plays that end with 60-70; 80-90 close your split to 3 feet!

(3) Tight Ends:

Your split will vary from 3 feet to 4 feet depending upon the defense and the play. On all plays that end with 20-30; 40-50 take a maximum split of 4 feet. Any play that you are involved in the protection or any plays that end with 60-70; 80-90 close your split to 3 feet! On passing plays where you are involved in the pattern may take a little more split (4½ feet) to help you on your release!

GENERAL OFFENSE

VI. FORMATIONS

A. TERMS

(1) "Q" - Alignment by "R" behind the QB, 5 yards deep.

(2) "T" - Alignment to "R" spliting the inside leg of offensive Tackle 5 yards deep. Could be strong or weak.

(3) STRONGSIDE - Two receivers side on passes - "Y" on runs.

(4) WEAKSIDE - One receiver side on passes - away from "Y" on running game.

(5) ONSIDE - The side of the formation to which the play is directed.

(6) OFFSIDE - The side of the formation away from where play is directed.

(7) OPEN SIDE - The side that has no End tight to offensive Tackle.

(8) CLOSED SIDE - The side that has an End tight to the offensive Tackle.

(9) SWITCH - Changing of alignment and assignment between H & Z.

(10) STAY - (X + Z Switch) (Z on the Ball, "Y" off the Ball)

B. METHODS USED TO CALL FORMATIONS

(1) Pre-formation Movements *

(a) STEM - Movement by "H" to the formation called on the same side of the formation.

(b) HOP - Movement by "H" to the formation called from the opposite side of the formation.

(c) SHIFT - Movement by "Y" to the formation called from the opposite side of the formation.

C.P. Z must adjust off ball on "Y" shift.

(d) MOVE - Involves a shift by "Y" and Stem by "H".

C.P. Z must adjust off ball on "move".

(1) Backfield Deployment (Example - Trips).

(2) Direction of "Y" (Example - Right)

(3) Receiver Deployment (Example - Slot)

(4) Movement (Example - Zoom)

C. FORMS OF TRIPS

(1) Trips (Y & H to same side)

(2) Duce (Trips with "H" Wide)

(3) Walk (Duce Slot)

(4) Trips Tight (X is Tight Away From Y)

(5) Trip Slot (Z Opposite Y)

(6) Trips Stay (Z & X Switch - Y Off Ball - Z on Ball)

D. FORMS OF SPREAD

(1) Spread (Y & H Opposite)

(2) Freeze (Spread with "H" Wide)

(3) Freeze Slot (Z Opposite Y)

(4) Unit (Y & H Opposite - "H" On Ball) (X off Ball).

(5) Unit Slot (Z Opposite Y)

(6) Squeeze (Unit with X Tight to H)

(7) Squeeze Slot (Z Opposite "Y")

(8) Spread Slot (Z Opposite Y)

(9) Spread Stay (X & Z Swap - Y Off Ball - Z On Ball)

* E. H MOVEMENT ("H" MOVEMENT OUT OF FORMATION CALLED)

(1) Spread Motion (Spread to Trips)

(2) Spear (Freeze to Trips)

(3) Hip (Duce to Trips)

(4) Fake Whiz (Trips to Trips)

(5) Spread Long Motion (Spread to Duce)

(6) Trips Motion Out (Trips to Duce)

(7) Spread Slot Jet (Spread Slot to Trips Slot)

(8) Spread Slot Long Jet (Spread Slot to Walk)

(9) Trips Slot Jet Out (Trips Slot to Walk)

(10) Trips SLot Fake Whiz (Trips Slot to Trips Slot)

(11) Trips Whiz (Trips to Spread)

(12) Spread Fake Motion (Spread to Spread)

(13) Dart (Freeze to Spread)

(14) Trips Long Whiz (Trips to Freeze)

(15) Trips Slot Long Whiz (Trips Slot to Freeze Slot)

(16) Trips Bang (Trips)

*F. <u>"Y" MOVEMENT ("Y" MOVEMENT TO FORMATION CALLED)</u>

(1) Trips Fly (to Trips)

(2) Trips Fake Fly (Trips to Trips)

(3) Duce Fly (to Duce)

(4) Duce Fake Fly (Duce to Duce)

(5) Walk Fly (to Walk)

(6) Walk Fake Fly (Walk to Walk)

(7) Trips Slot Fly (to Trips Slot)

(8) Trips Slot Fake Fly (Trips Slot to Trips Slot)

(9) Spread Fly (to Spread)

(10) Spread Fake Fly (Spread to Spread)

(11) Freeze Fly (to Freeze)

(12) Freeze Fake Fly (Freeze to Freeze)

(13) Unit Fly (to Unit)

(14) Unit Fake Fly (Unit to Unit)

(15) Squeeze Fly (to Squeeze)

(16) Squeeze Fake Fly (Squeeze to Squeeze)

(17) Trips Jump (Trips)

(18) Spread Jump (Spread)

(19) Duce Jump (Duce)

G. "Z" MOVEMENT

(1) Zoom - Long movement by "Z" across the ball to formation called.

(2) Fake Zoom starts in formation call starting away and coming back to call.

(3) Zing - Movement by "Z" across the ball to formation but tight to "Y" or "H".

(4) Zip - Short movement by "Z" towards the ball, but not crossing the ball.

(5) Buzz - Long movement by "Z" across the ball to formation call but outside of X.

H. "X" MOVEMENT (MOVEMENT BY "X" OUT OF FORMATION CALLED)

(1) Squeeze Motion (to Trip)

(2) Squeeze Exit (to Unit)

(3) Unit X Zip (Unit to Squeeze)

(4) Freeze X Zip (to Freeze)

I. "R" MOVEMENT

(1) REX - Movement to right 3 yards outside end man on LOS.

(2) LONG REX - Long movement by "R" to right.

(3) LEX - Movement to left 3 yards outside end man on LOS.

(4) LONG LEX - Long movement by "R" to left.

J. TWO BACK SETS

(1) Split

(2) Near

(3) Far

(4) I

(5) Slot

(a) Split

(b) Far

(c) Near

(d) I

K. <u>SHORT YARDAGE & GOALLINE SETS</u>

(1) Split Tight Wing

(2) Far Tight Wing

(3) Near Tight Wing

(4) I Tight Wing

L. <u>PERSONNEL IN THE GAME FOR SITUATIONS</u>

(1) Ace

(2) Posse

(3) 3 Wides

(4) 3 Tights

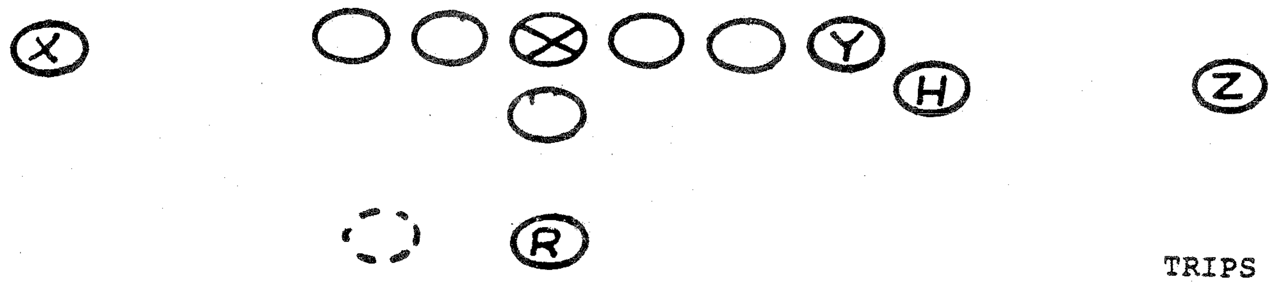
(5) 4 Wides

(6) 4 Wide (Name)

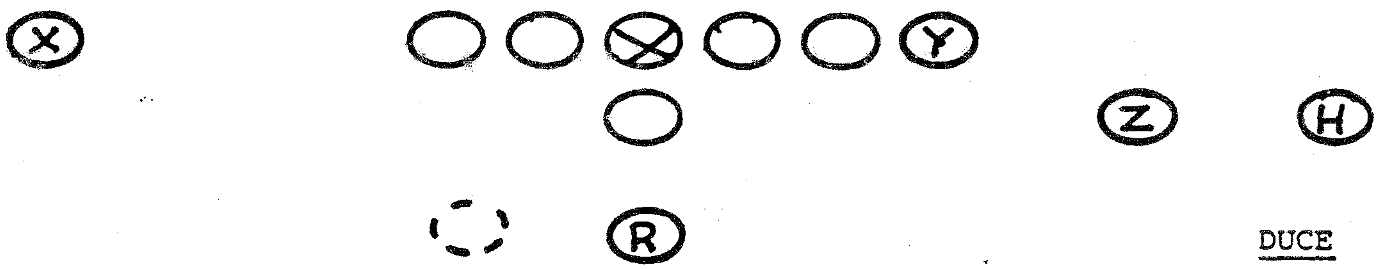
(7) Jumbo

(8) Mini

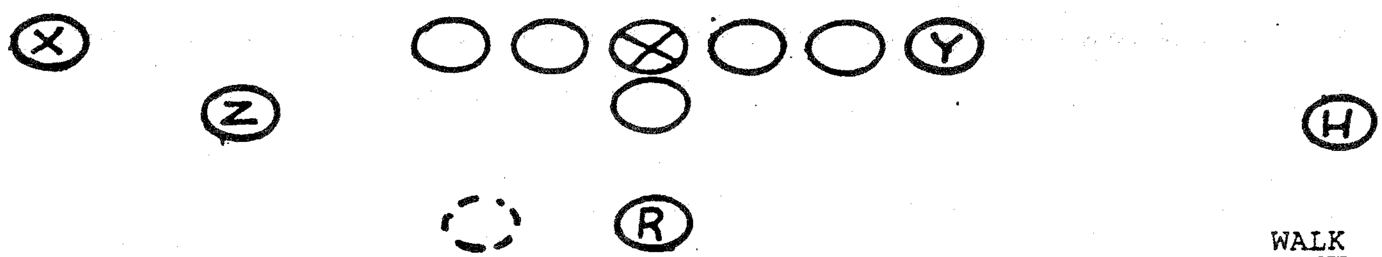
FORMS OF TRIPS



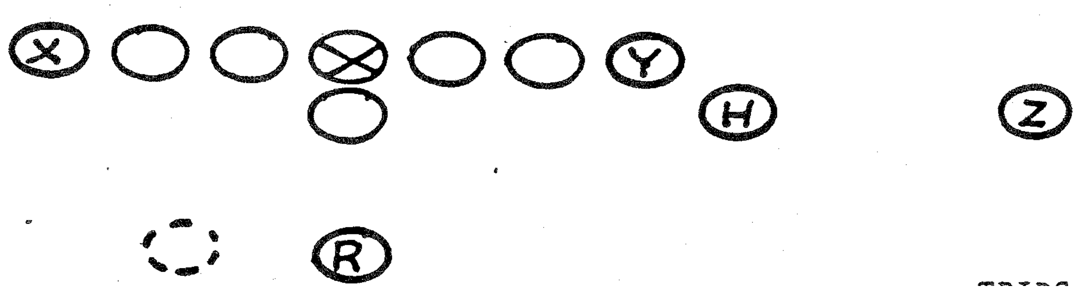
TRIPS



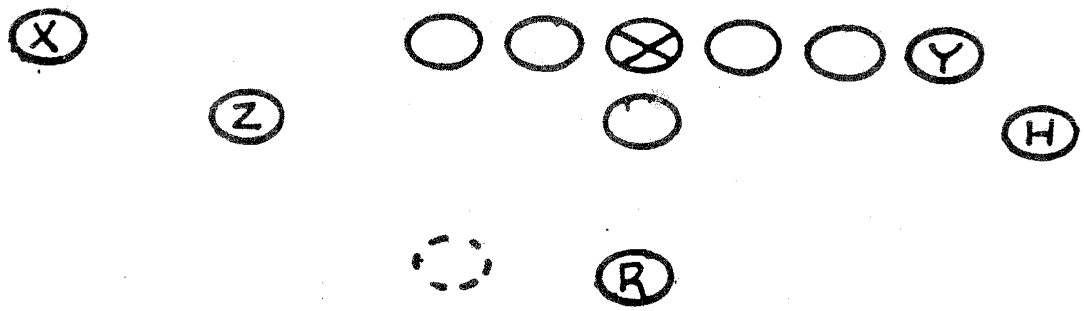
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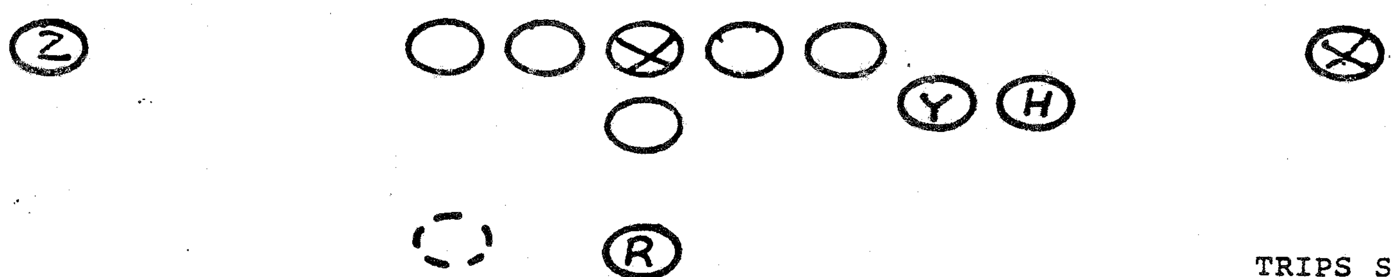
WALK



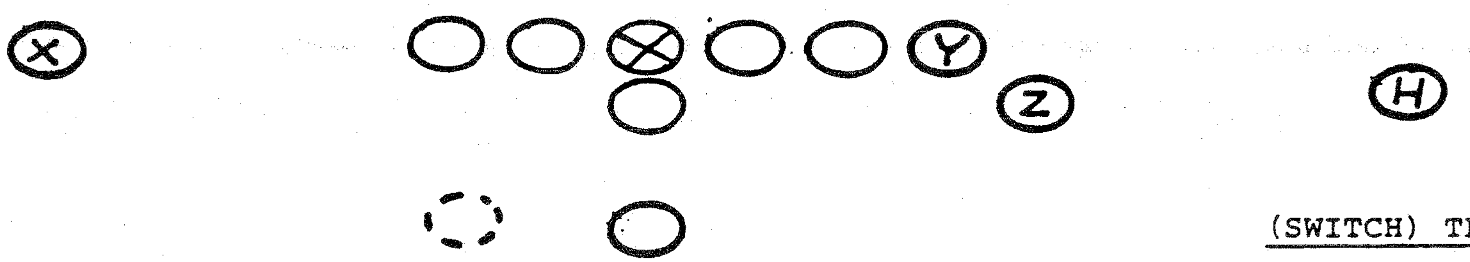
FORMS OF TRIPS (Continued)



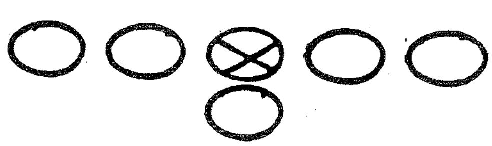
TRIPS SLOT

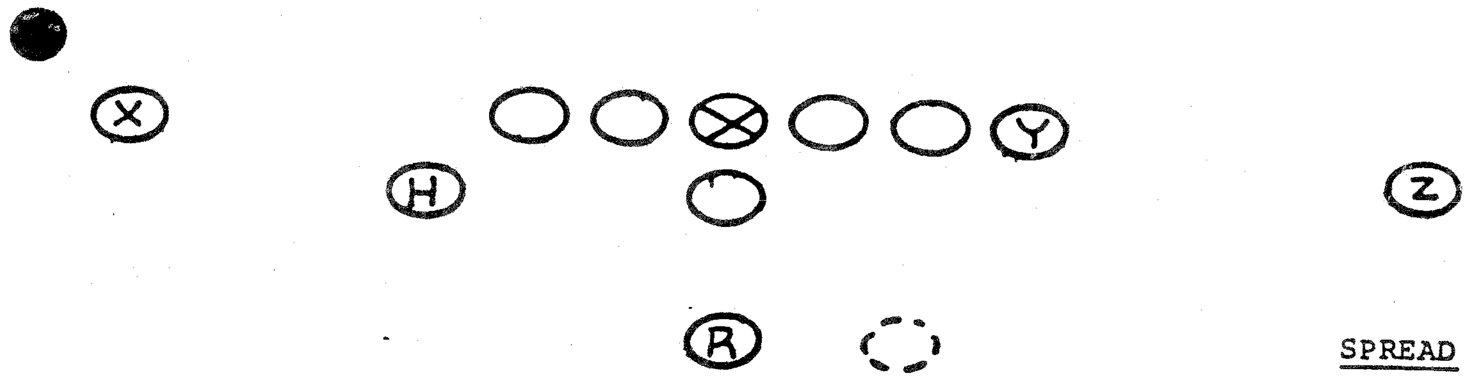


TRIPS STAY

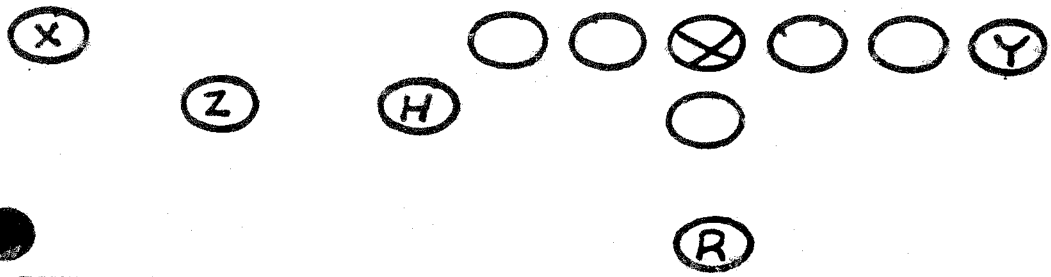


(SWITCH) TRIP

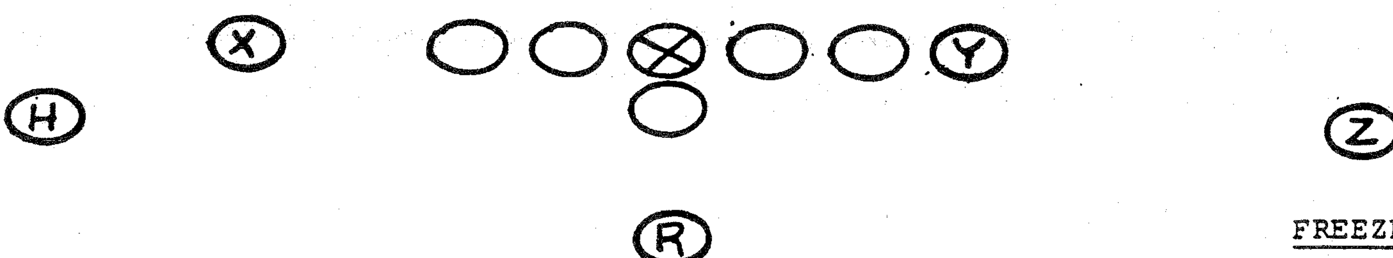




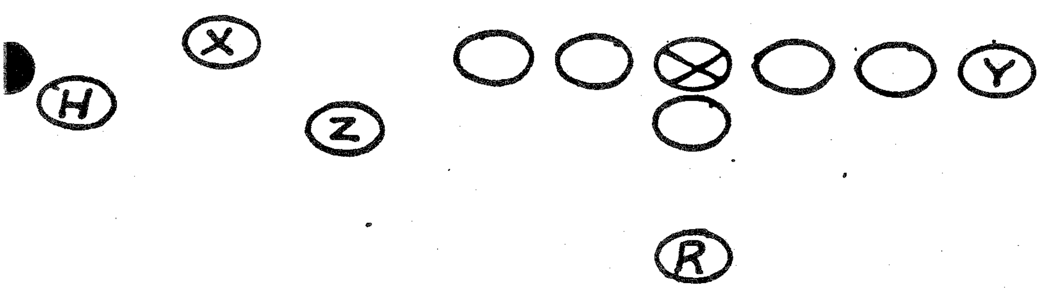
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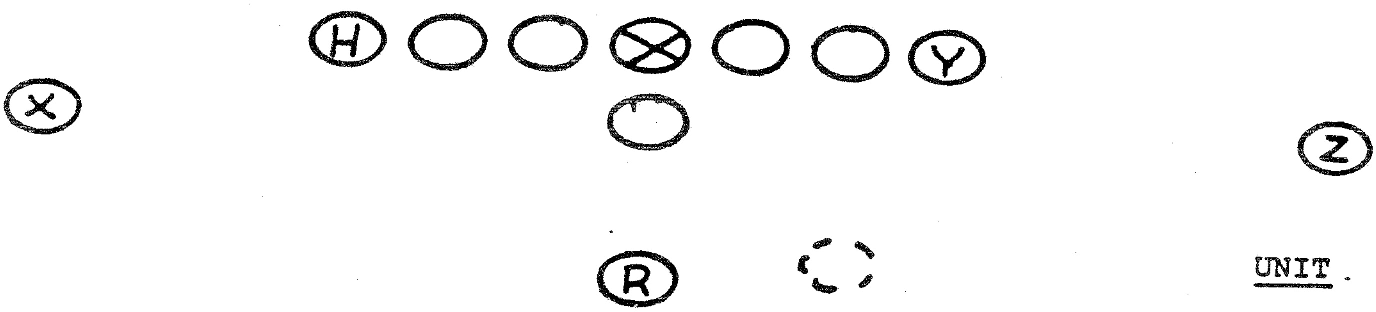
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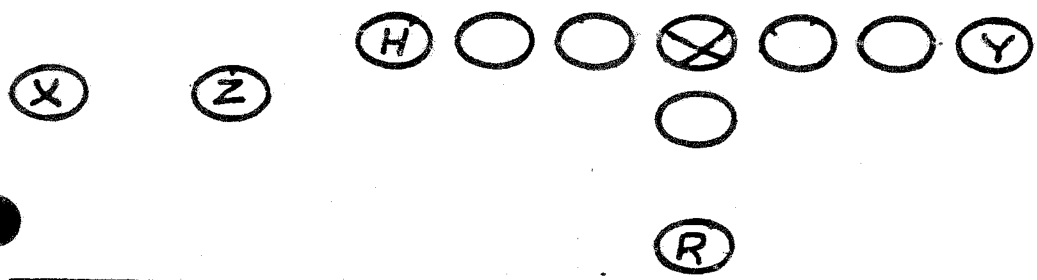
FREEZE



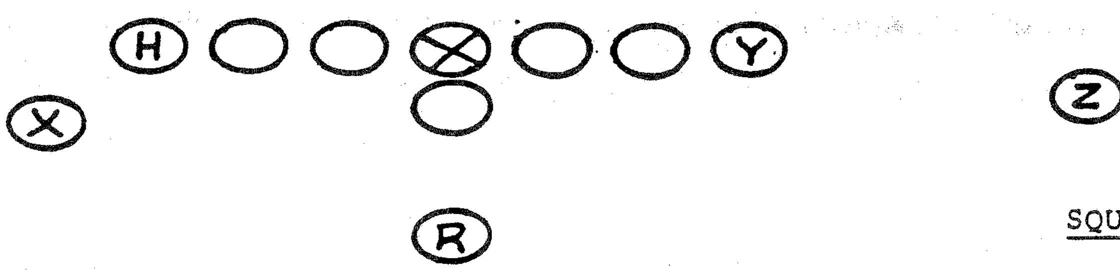
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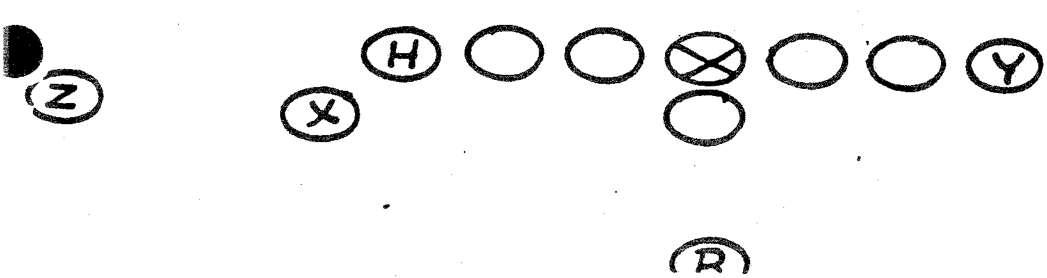
UNIT



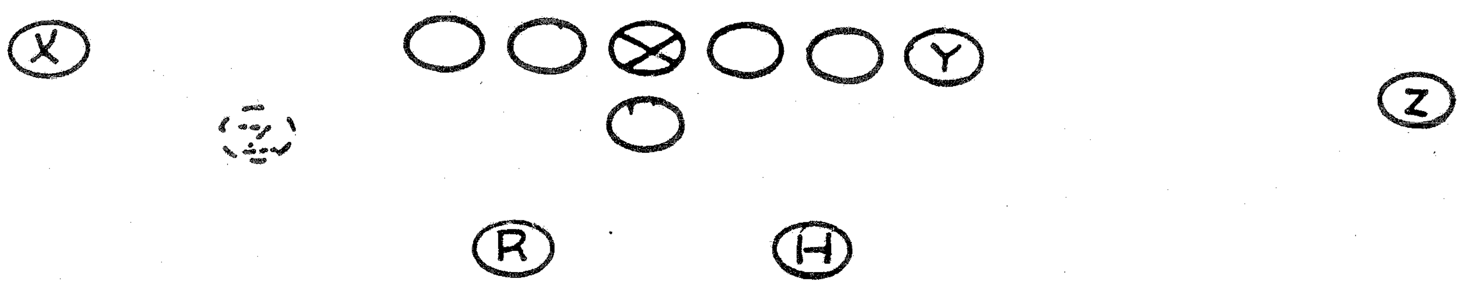
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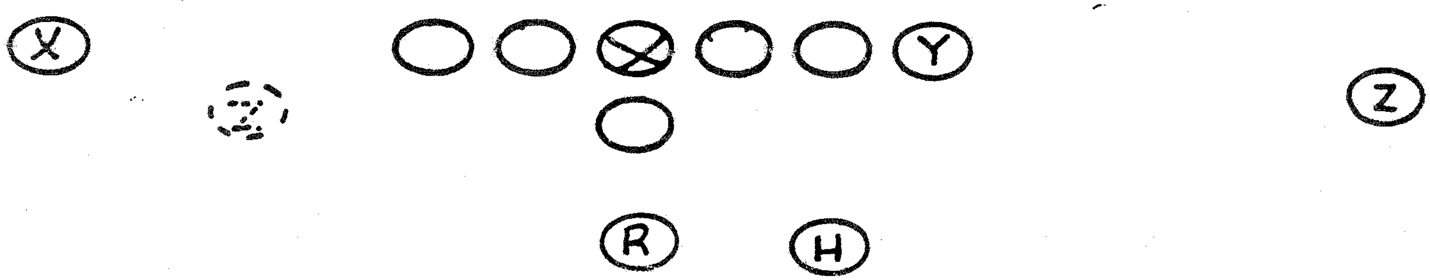
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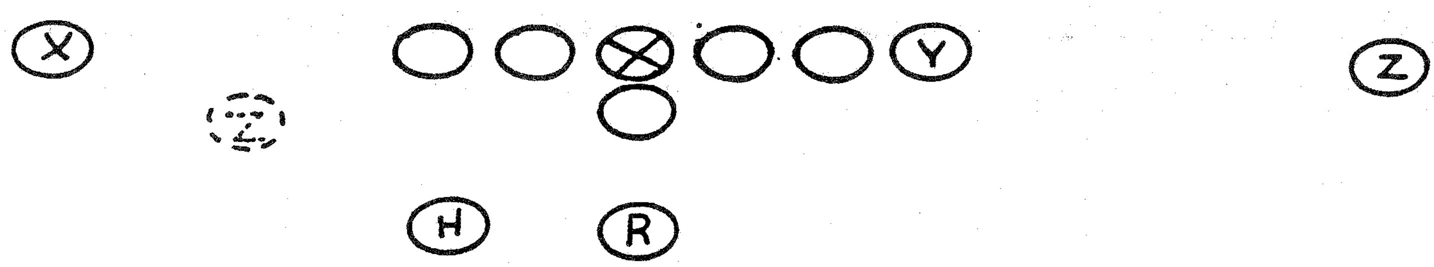
SPLIT RIGHT (SLOT)



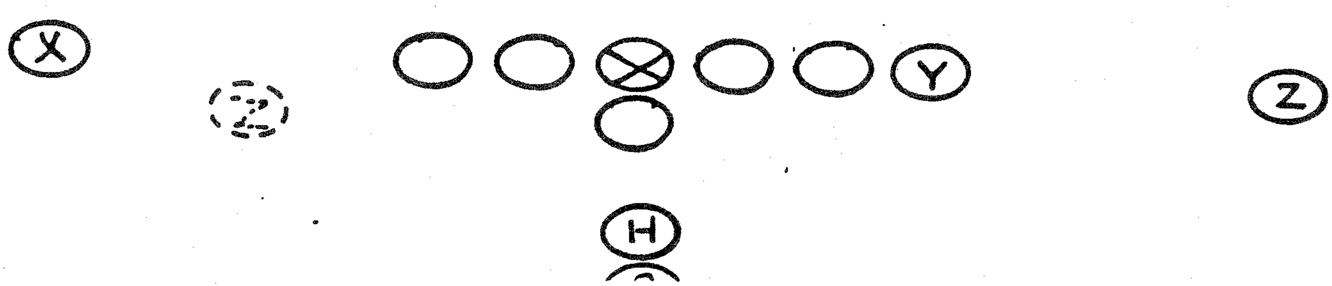
NEAR RIGHT (SLOT)



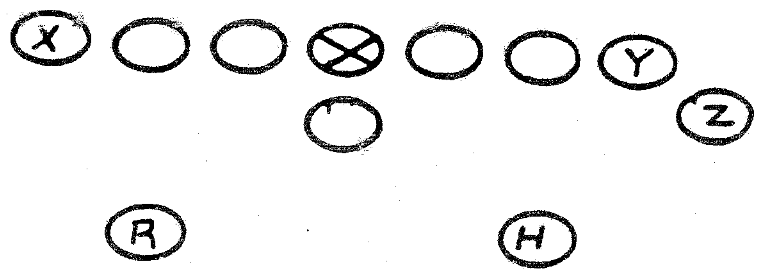
FAR RIGHT (SLOT)



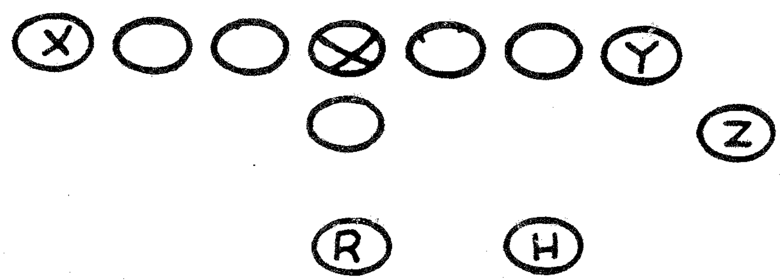
I RIGHT (SLOT)



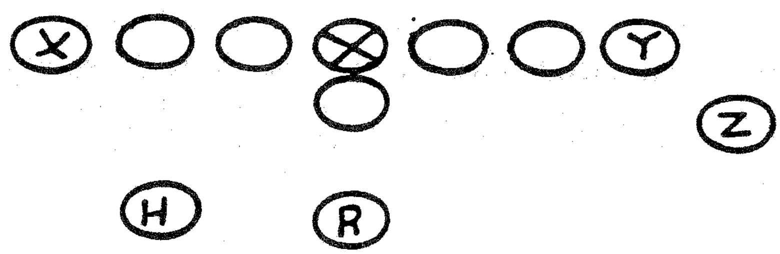
SPLIT RIGHT TIGHT (WING)



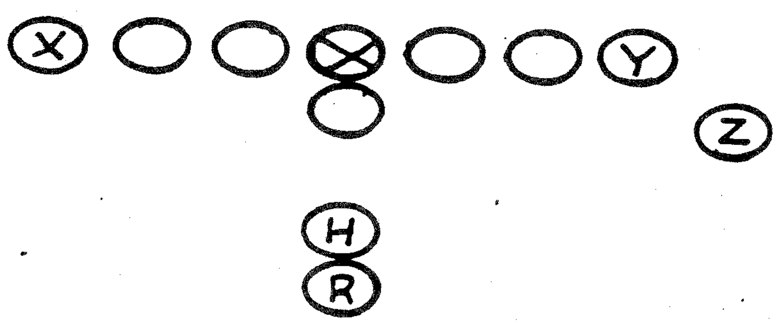
NEAR RIGHT TIGHT (WING)



FAR RIGHT TIGHT (WING)



I RIGHT TIGHT (WING)



NOTES ON MOVEMENT

1. Pre-Formation Movement:

   a. Shift c. Hop
   b. Stem d. Move

2. Movement by the backs or unit reciver will be made after lining up in the formation called.

   List of Movements for Backs and Unit Receivers:

   1. Jet
   2. Long Jet
   3. Jet Out
   4. Motion
   5. Long Motion
   6. Motion Out
   7. Whiz
   8. Long Whiz
   9. Bang
   10. Dart
   11. Spear
   12. Hip
   13. Lex
   14. Rex (Long)

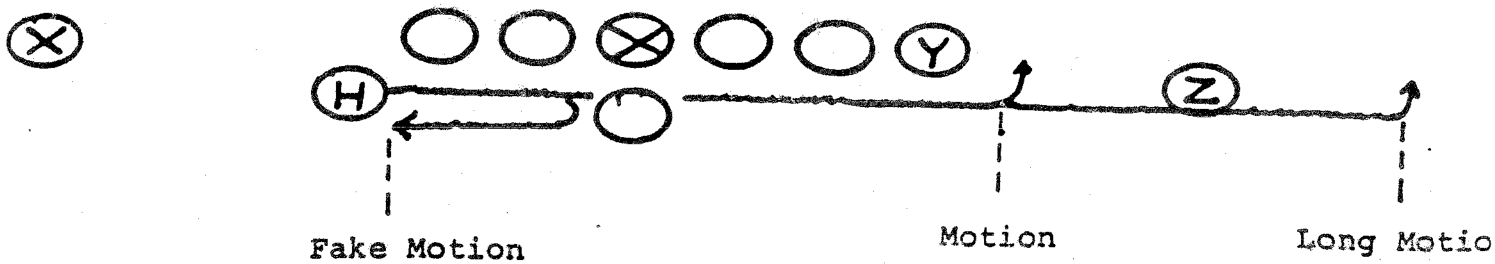
3. Movement by the Wide Receivers and the Tight End will be made so their movement will put us in the formation called. (NOTE: Receivers and Y must line up opposite the call, before going in motion, if your movement takes you across the formation).

   List of Movements for X, Y and Z:

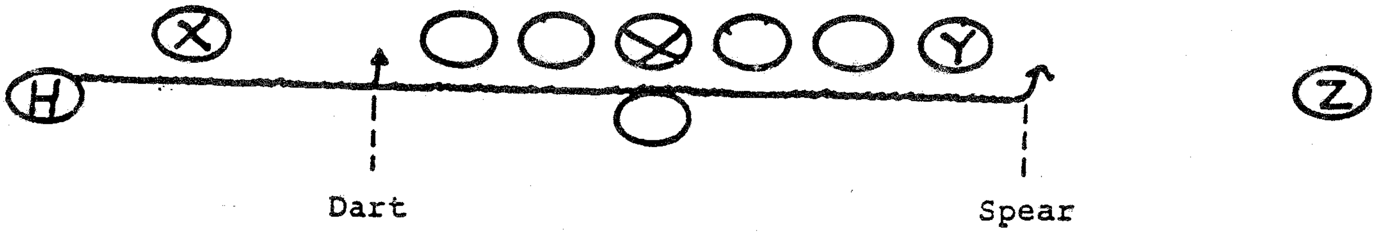
Across Formation	Movements That Do Not Cross Formatic
Zoom - Z	Zip - Z
Zing - Z	Fly Out - Y
Buz - Z	Jump - Y
Fly - Y (Long)	Exit - X
X Motion - X	

4. With the use of the word fake, you can fake movement and end up aligned in original position.

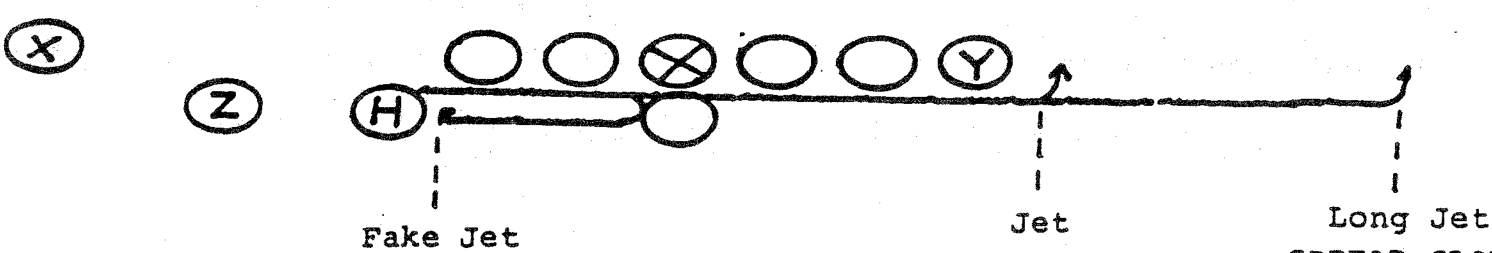
"H" MOVEMENT FROM SPREAD



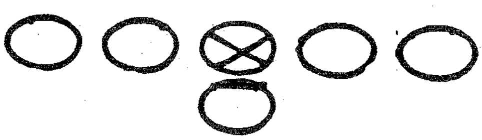
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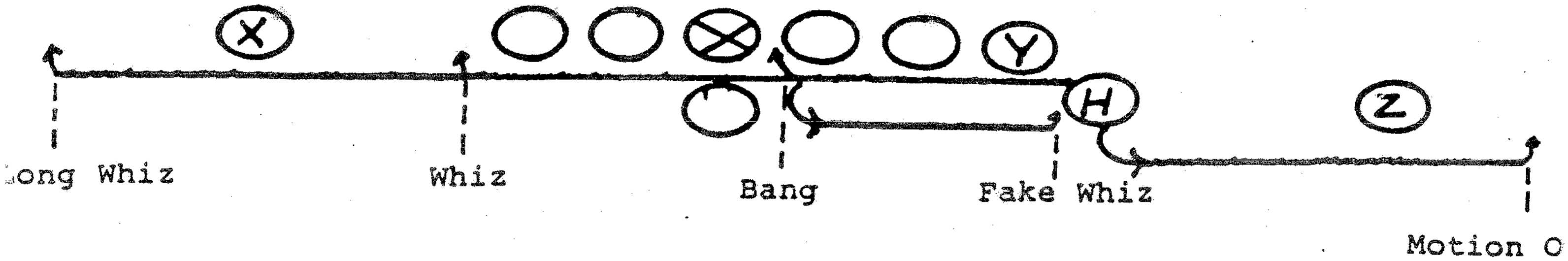
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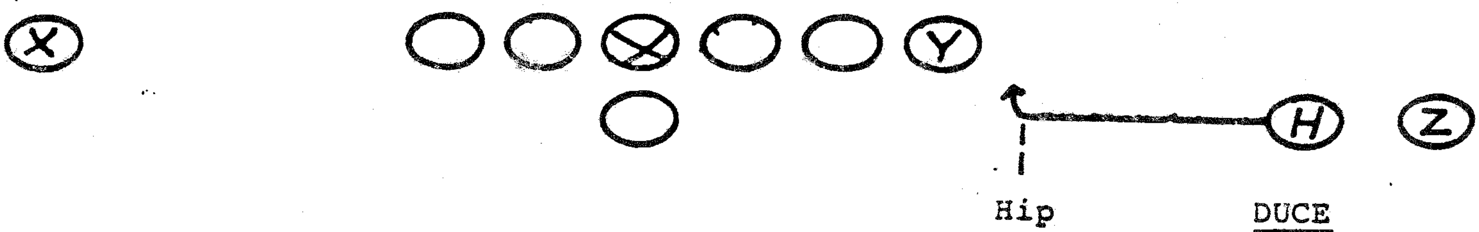


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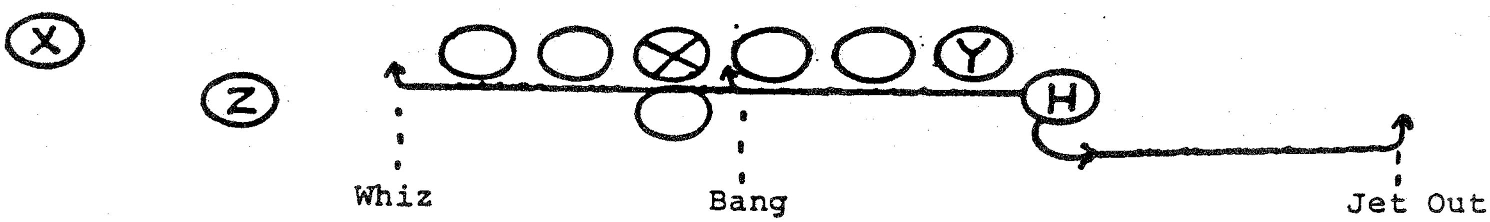


"H" MOVEMENT FROM TRIPS

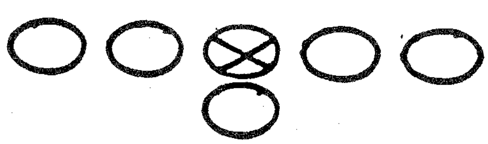




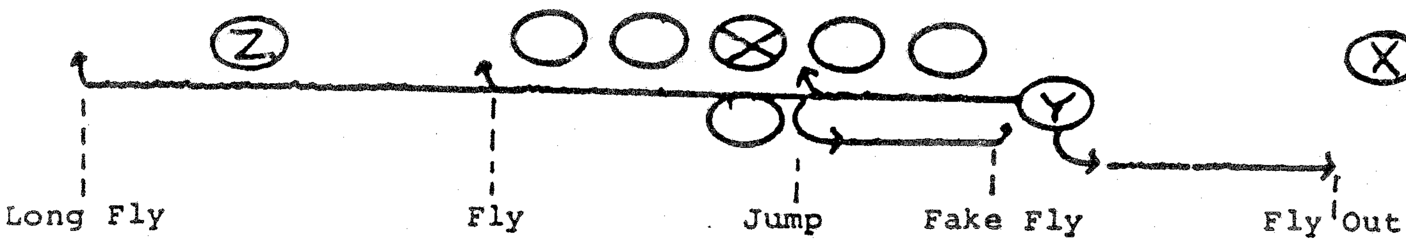
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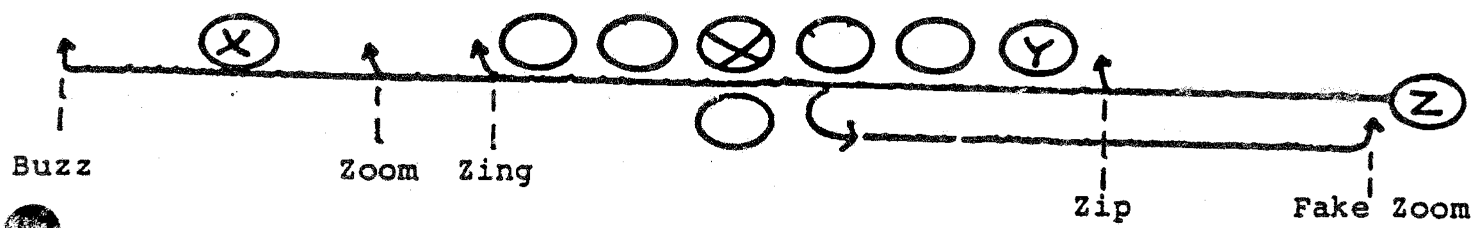
TRIPS SLOT



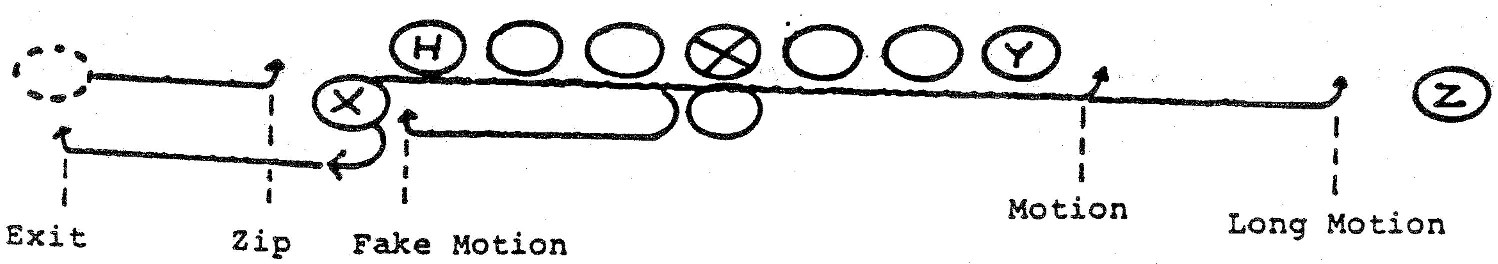
"Y" MOVEMENT



"Z" MOVEMENT



"X" MOVEMENT



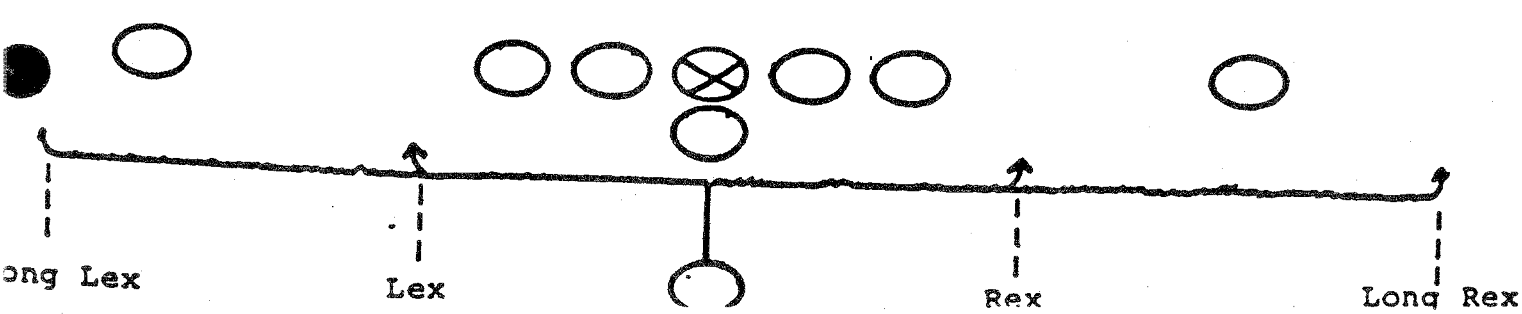


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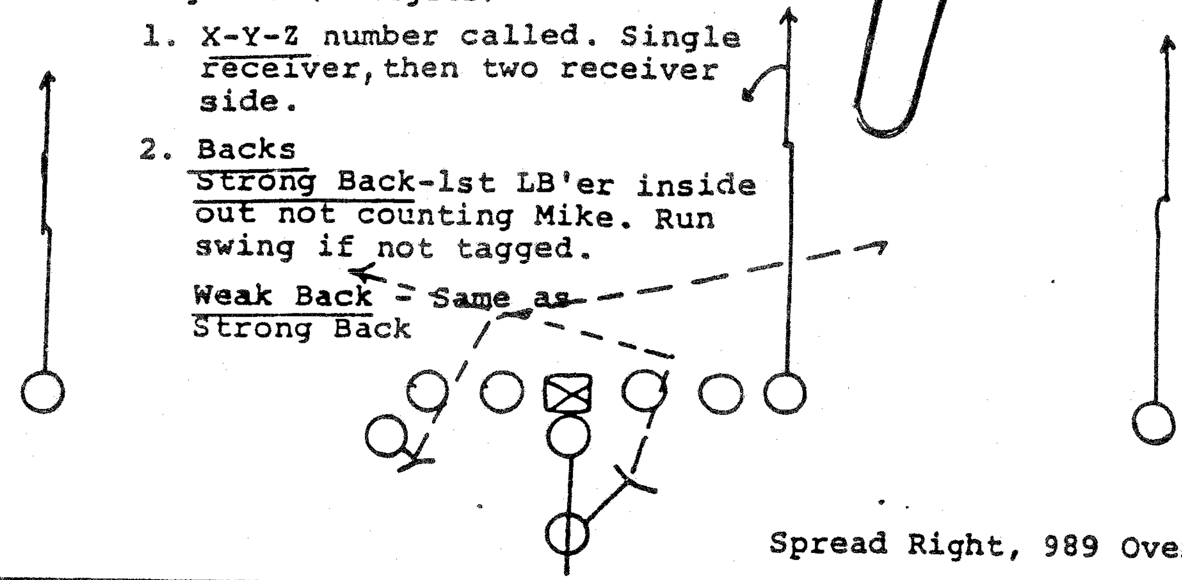
(PASSING GAME)

PATTERN MECHANICS

A. Regular (3 digits)

1. X-Y-Z number called. Single receiver, then two receiver side.
2. Backs
   Strong Back-1st LB'er inside out not counting Mike. Run swing if not tagged.

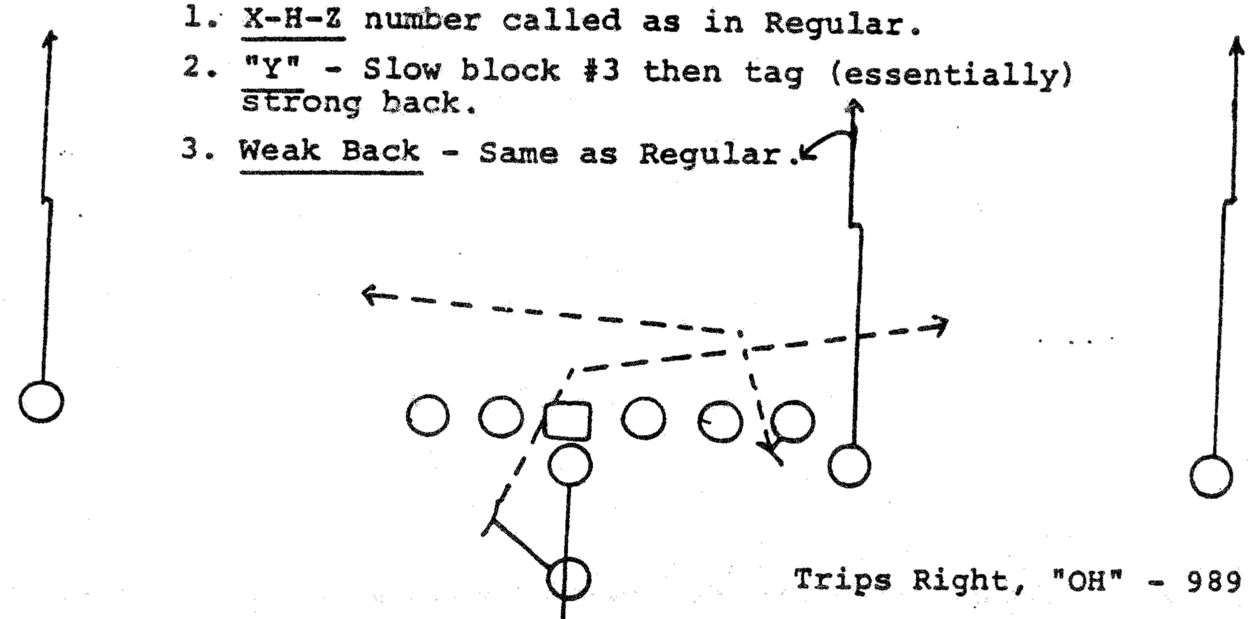
   Weak Back - Same as Strong Back



Spread Right, 989 Over

B. OH's (3 digits)

1. X-H-Z number called as in Regular.
2. "Y" - Slow block #3 then tag (essentially) strong back.
3. Weak Back - Same as Regular.



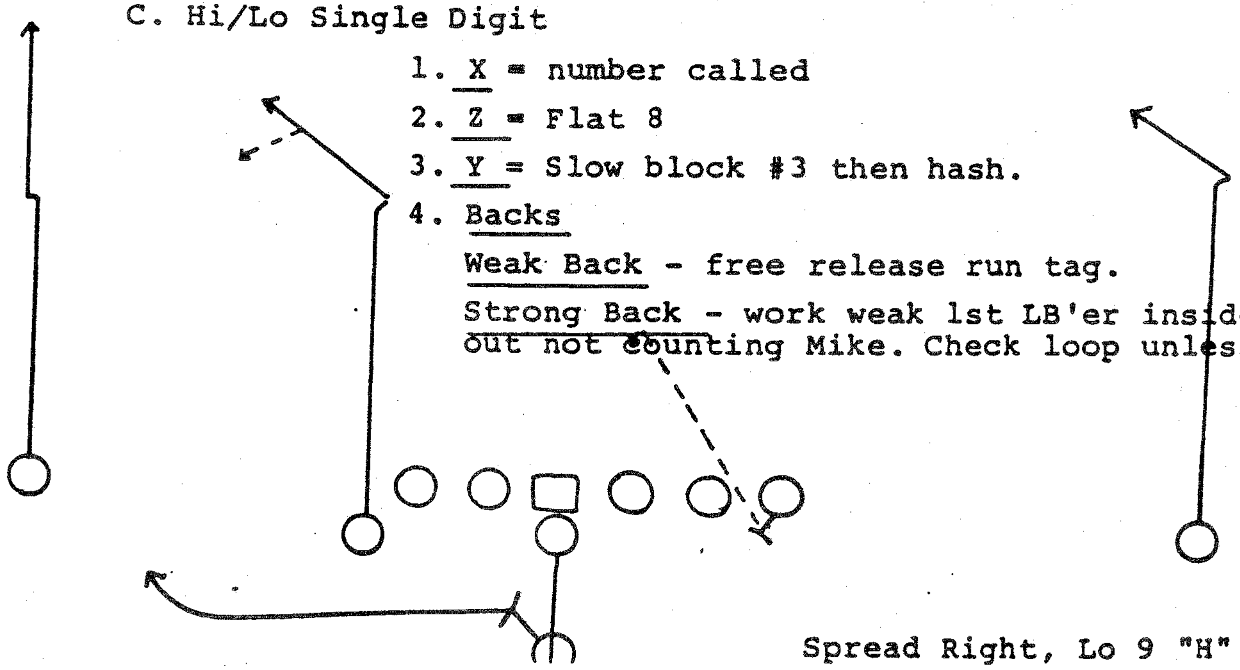
Trips Right, "OH" - 989 Over

C. Hi/Lo Single Digit

1. X = number called
2. Z = Flat 8
3. Y = Slow block #3 then hash.
4. Backs

   Weak Back - free release run tag.

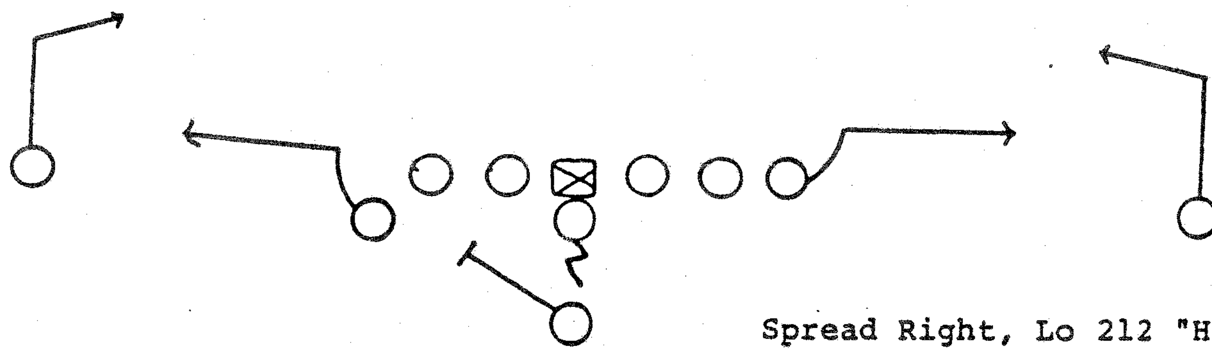
   Strong Back - work weak 1st LB'er inside out not counting Mike. Check loop unless tagged.



Spread Right, Lo 9 "H" Corner Sw

D. Hi/Lo Triple Digit

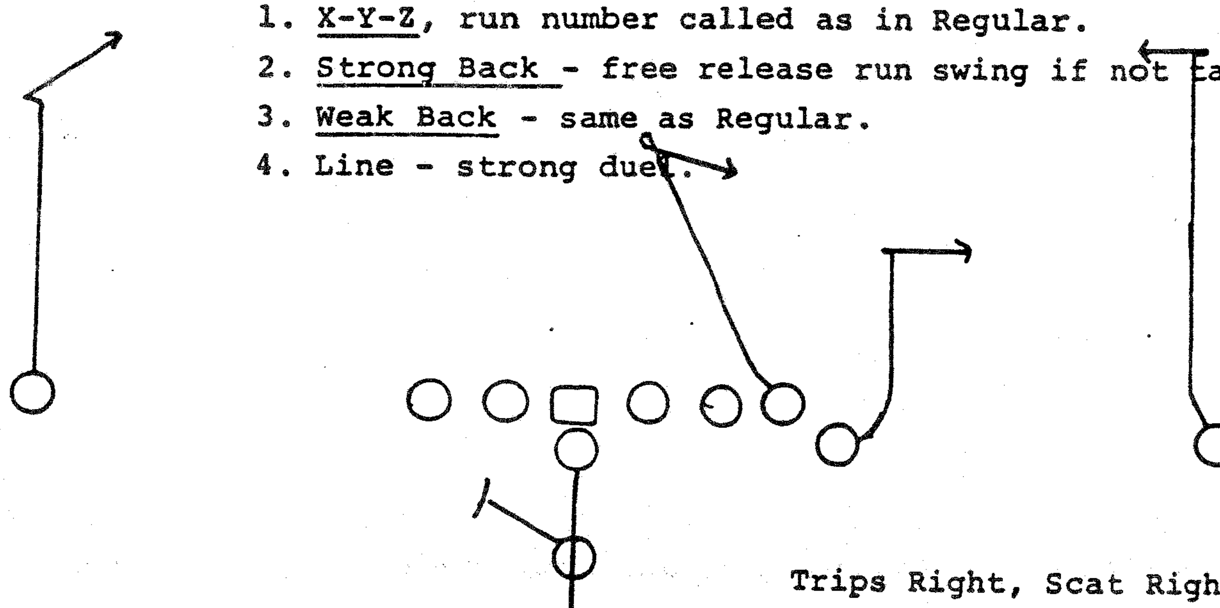
1. X-Y-Z, numbers called as in Regular.
2. Weak Back - free release run tag.
3. Strong Back - same as Hi/Lo Single.
4. Line has strongside duel.



Spread Right, Lo 212 "H" Flat

E. Scat Triple Digit

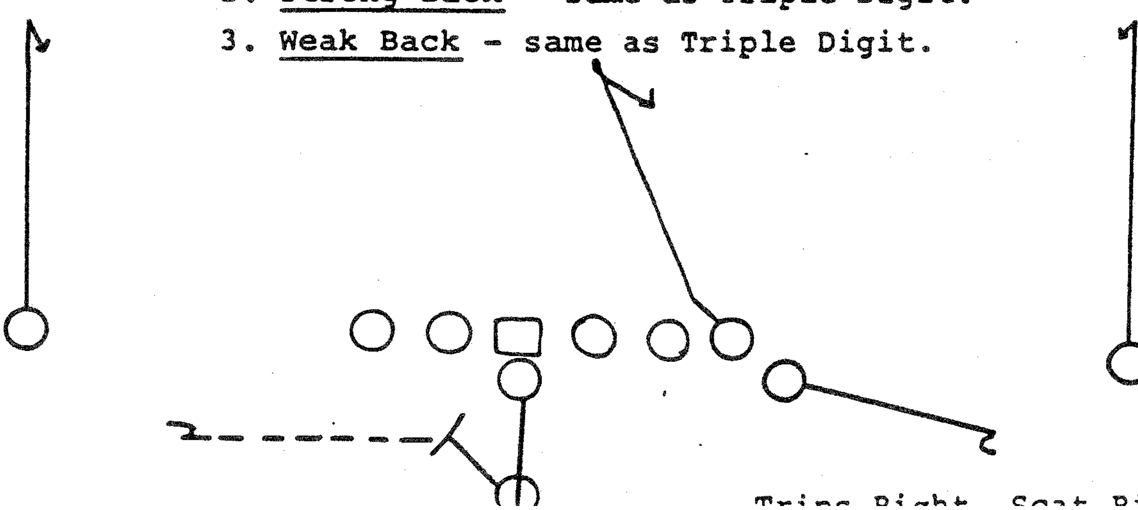
1. X-Y-Z, run number called as in Regular.
2. Strong Back - free release run swing if not tagged.
3. Weak Back - same as Regular.
4. Line - strong duel.



Trips Right, Scat Right 864 Wide

F. Scat Double Digit

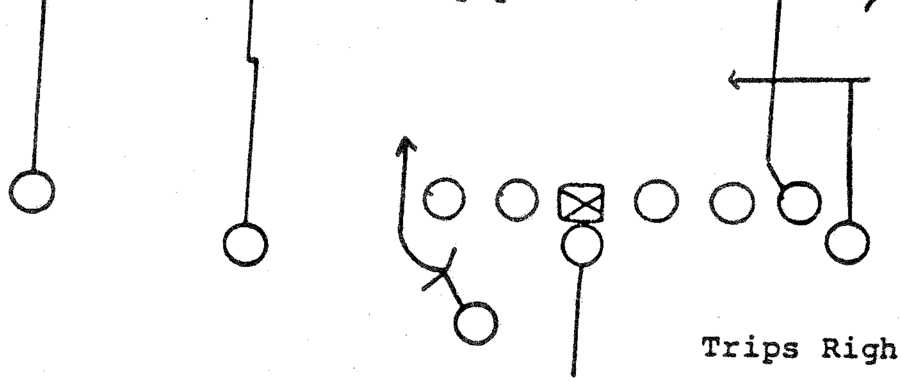
1. X-Y-Z, same as Triple, except digits apply to receivers to two receiver side. Single receiver mirrors second dig
2. Strong Back - same as Triple Digit.
3. Weak Back - same as Triple Digit.



Trips Right, Scat Right 66 Rose

G. Single Digit Scats (run to "Y"'s side)

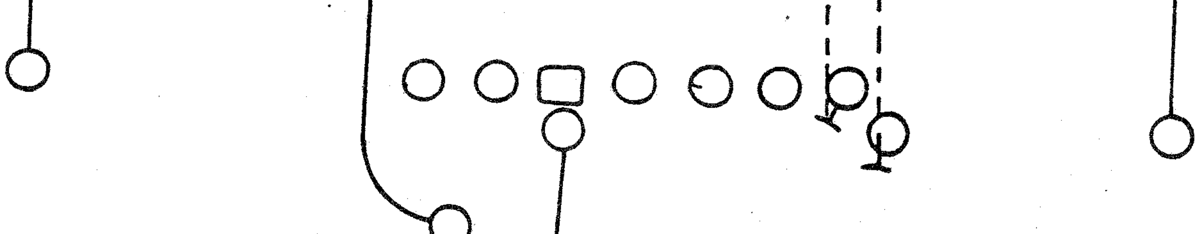
1. Y = runs number
2. Back Side - receivers run 99
3. Strong Back - free release run tag.
4. Weak Back - same as Regular,route memorizes (by pattern)



Trips Right Slot,Scat Right 3"H" Del

H. Scram Single Digit

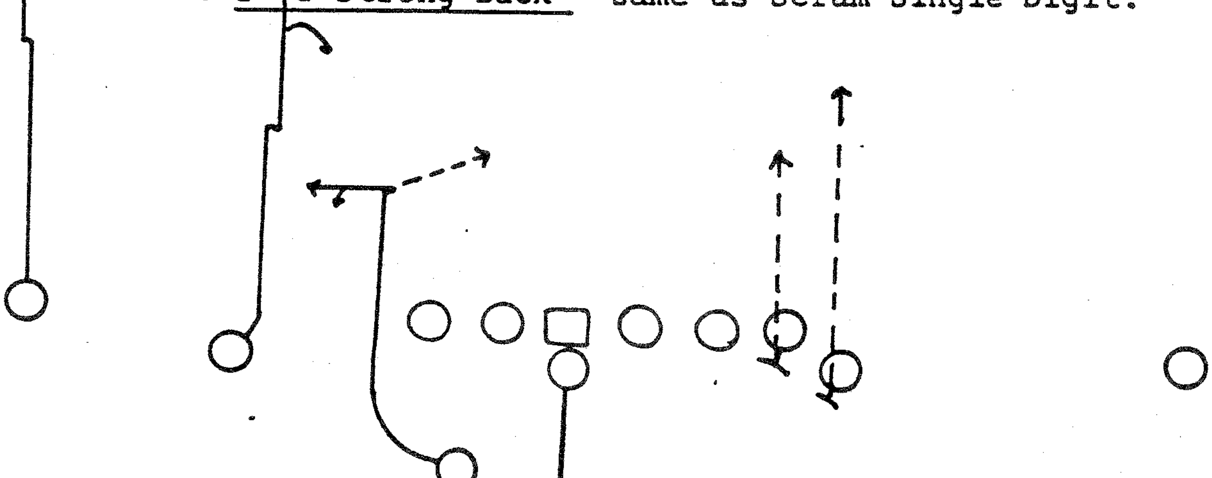
1. "X" - runs number
2. "Z" - runs 9 route automatic
3. "Y" - scram protect
4. Strong Back - responsible for S/S to block or adjust.
   Note: "Z" in,duce switch with "H".
5. Weak Back - free release,observe break-off rules.



Trips Right, Scram Left 6

I. Scrams Double Digit

1. Digits refer to slot receivers inside out.
2. Weak Back - free release, observe back-off rules.
3. Y & Strong Back - same as Scram Single Digit.



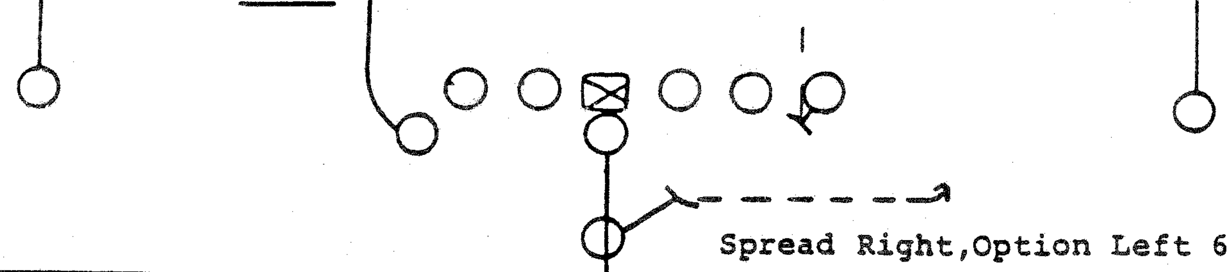
Trips Right,Scram Left 86 "R" Choice

J. Option Single

1. X - runs number.
2. Z - runs 9 unless Dallas Special
3. Y - check #3 then run 9
4. Backs

   Weak Back - free release run tag

   Strong Back - 1st LB'er inside, including Mike, then swing.
5. Line - slides weak



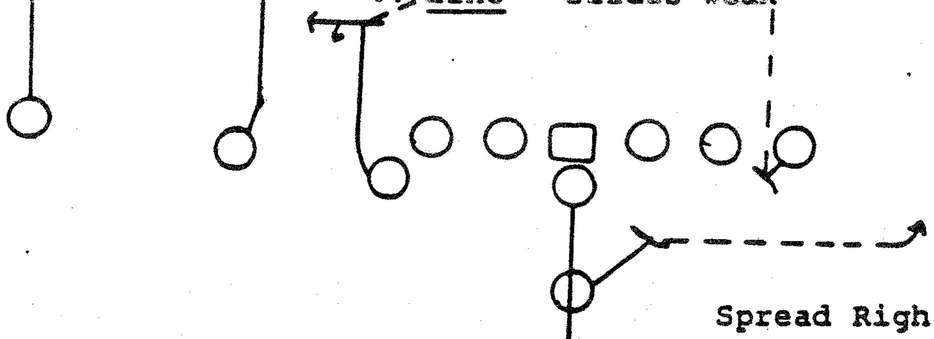
Spread Right,Option Left 6"H" Choic

K. Option Double

1. Digits refer to slot receivers inside out.
2. Y = check #3 then run 9
3. Backs

   Weak Side - free release run tag.

   Strong Back - same as Option Single.
4. Line - slides weak



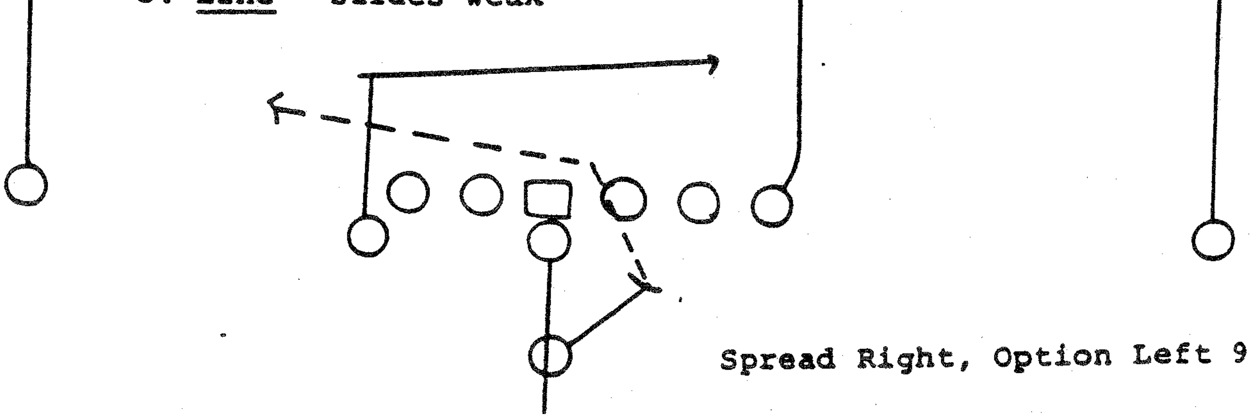
Spread Right Slot,Option Lt.86"H"Ch

L. Option Triple

1. X-Y-Z = number called as in Regular.
2. Backs

   Weak Back - free release run tag.

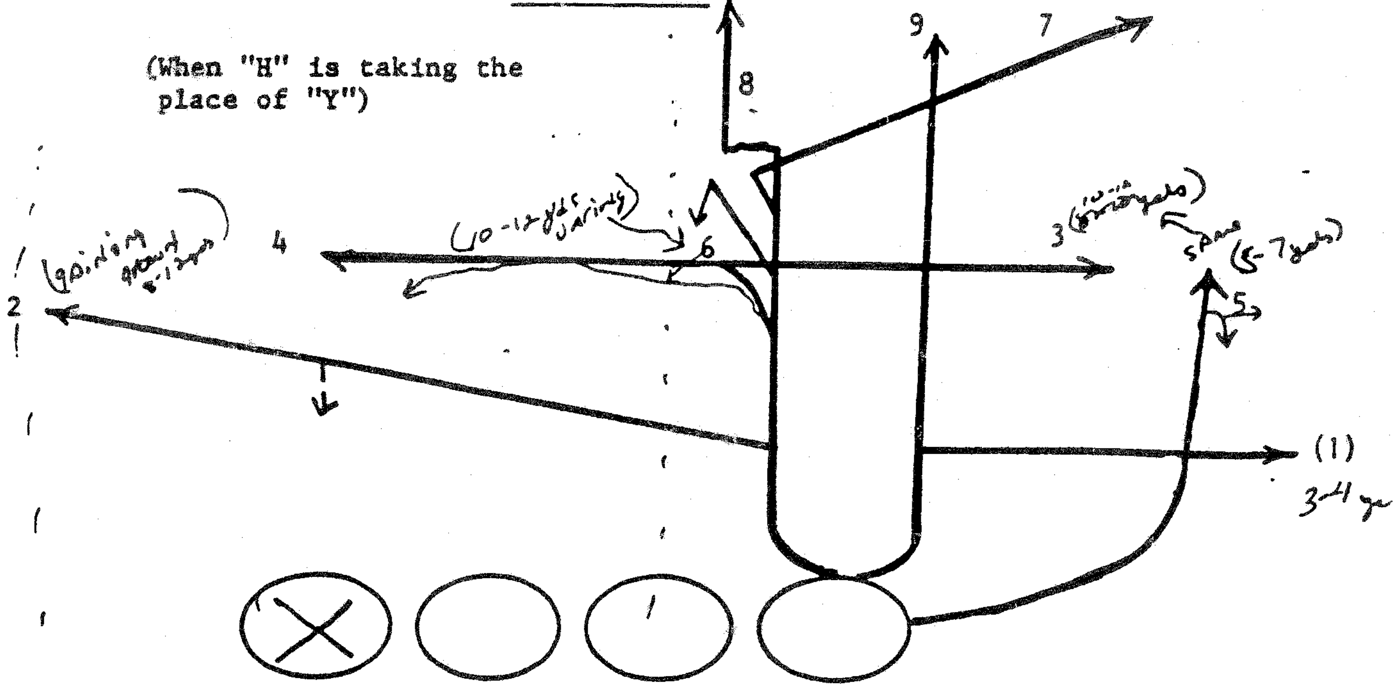
   Strong Back - duel on Mike to Sam swing unless tagged.
3. Line - slides weak



Spread Right, Option Left 989 Over

ROUTES FOR Y & H

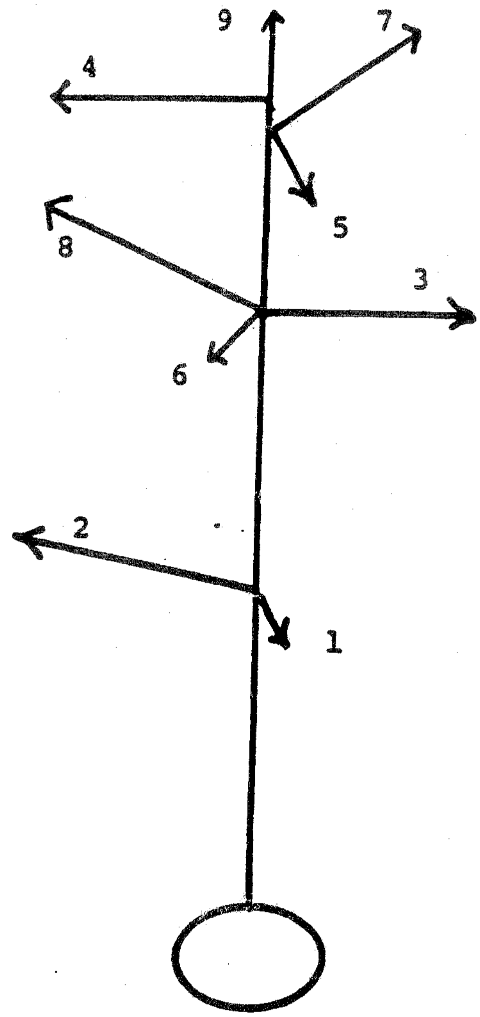
(When "H" is taking the place of "Y")

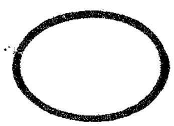


NOTES

Lucky, wides, Rose, Sally,
Delays & Hides.

ROUTES FOR X and Z
(outside receivers)

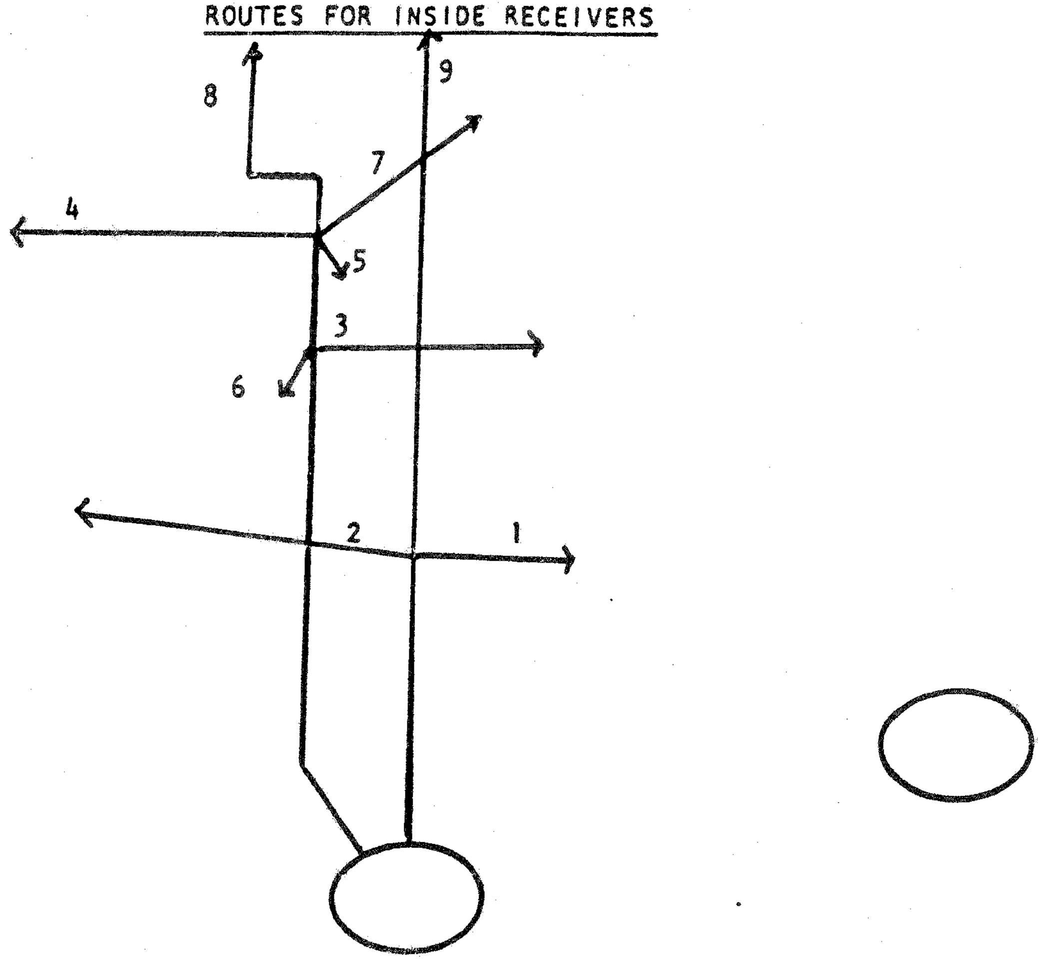




NOTES

ROUTE	DEPTH	ADJUSTMENTS	COACHING POINTS
1			
2			
3			
4			
5			
6			
7			
8			
9			

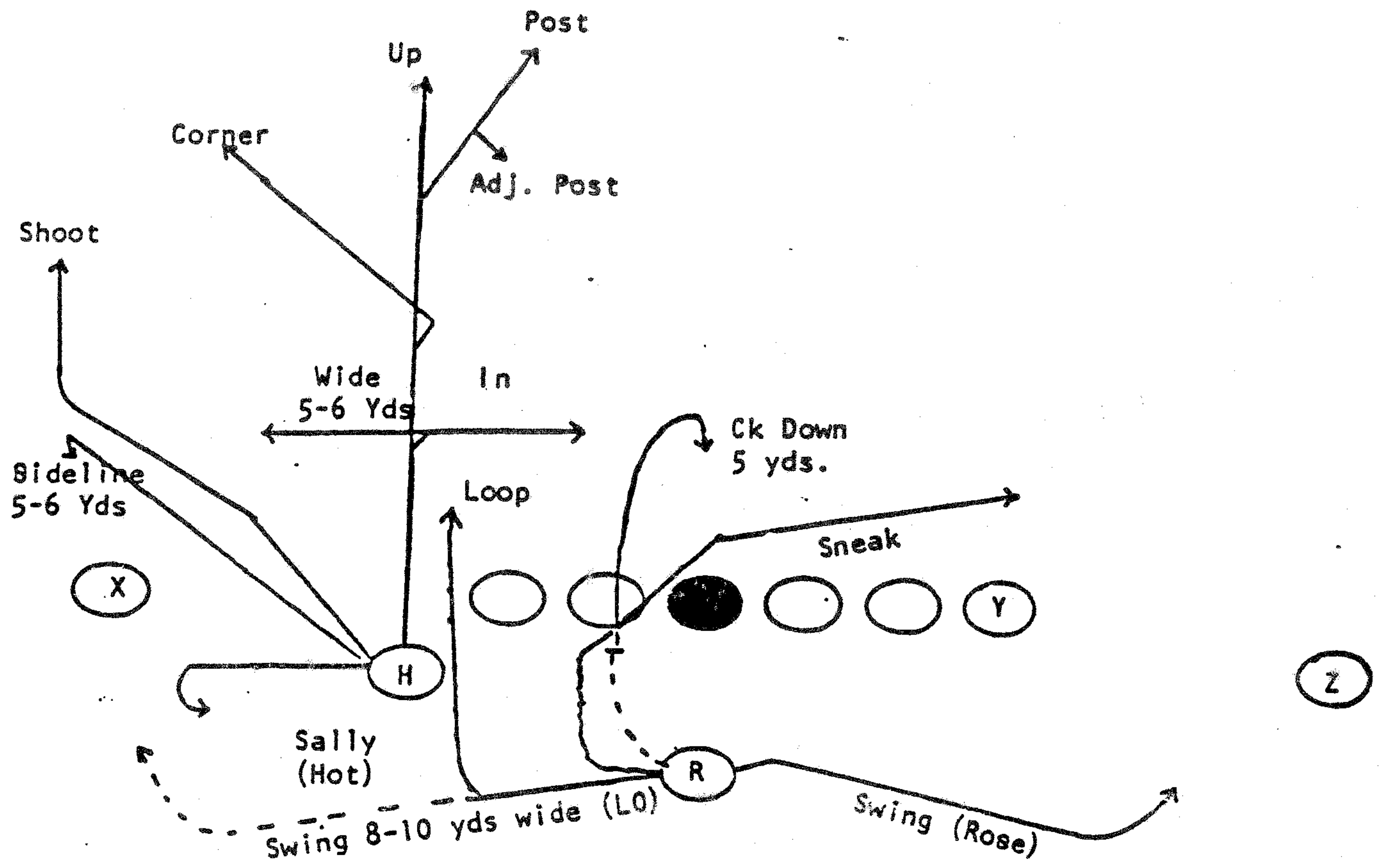
ROUTES FOR INSIDE RECEIVERS



NOTES

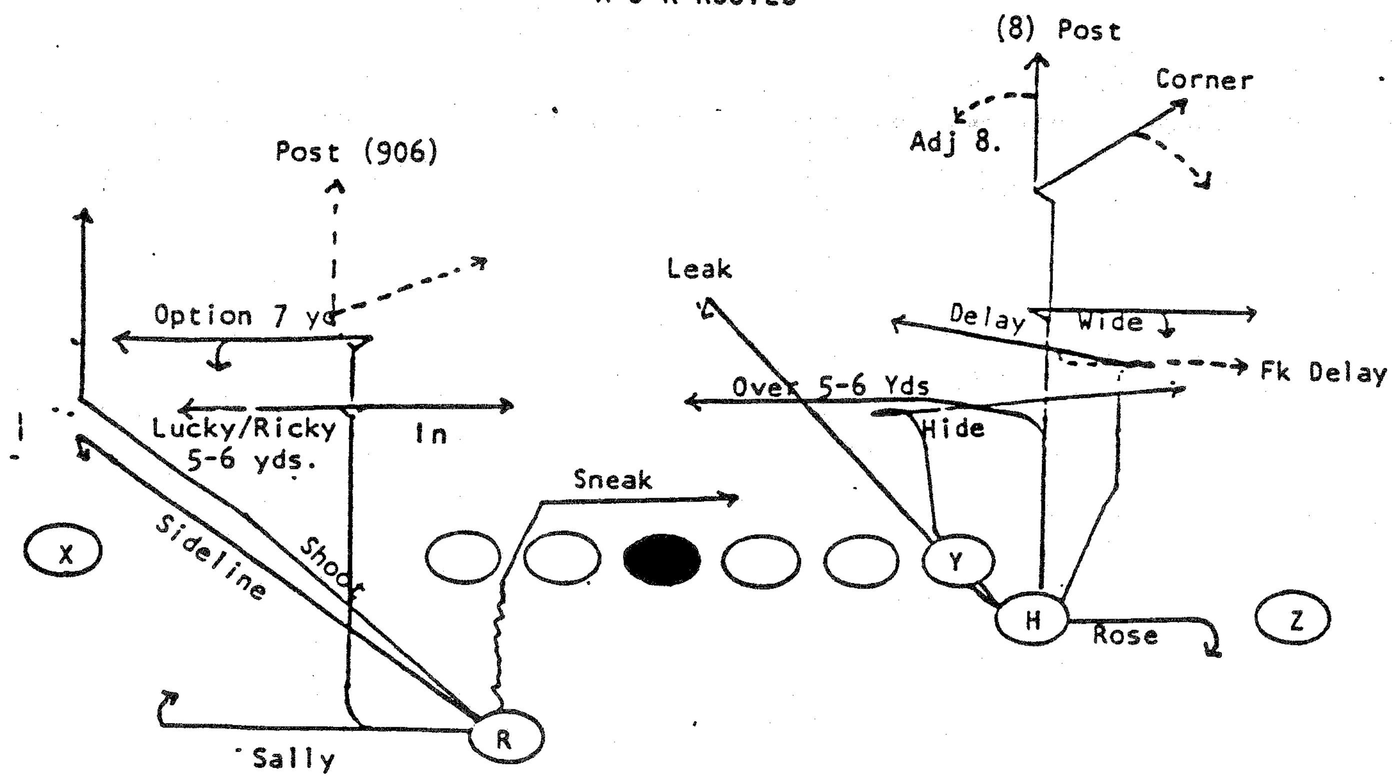
SPREAD FORMATION

H & R ROUTES



TRIPS FORMATION

H & R ROUTES



PASS OFFENSE

SCATS

66 S/R
864 Wide
854 "H" Choice
835 "H" Delay
989 Over
787 Wide
787 Pump
868
812
817
718 "R" Choice
399 Sideline
392 Sideline
392 Shoot
372 Sideline
382 Sideline
855 Double Delay "H" Corner
15 Up "Y" Hide
35 "H" Delay
55 Up "Y" Delay
95 "H" Hide
35 "R" Delay
95 "R" Hide
3 "H" Flair
3 "H" Delay
3 "R" Choice
7 "R" Choice
3 "R" Delay
3 "R" Flair

O's

"OH" 989
"OH" 585
"OH" 787
"OH" 787 Pump
"OH" 495 Lucky, Ricky
"OH" 989 Over
"OH" 97 Zero
"OH" Fake 972 Zero

SCRAMS

606 S/R
66 S/R
3
7
9 CB
906 "R" Post
44 Wide

CHARLIES

585 Over
989 Over
428
872
772
11
"H" 6 & Pump
"H" 7
"H" Flat 8

HI/LO

6 Read
9 "H" Corner Swing
616
212 "H" Flat
668
666
996
717 "H" Flat

OPTIONS

626 S/R
976 "H" Post
499 L/R
989 Over
3 "H" Hide & Choice
7 "H" Hide
Dallas Special
6 Lateral
Chicago Special

DASH

39 CB (Screen)
Fake 72
"H" 7 "R" Hide
Zero 87

SPRINTS

9 CB (Screen)
39 CB
3 "H" Comeback
7 "H" Hide
Fake 72
Fake 2

SPECIAL PASSES

PP 60/70 Outside
Flash/Lightning
Boot 544

SHORT YARDAGE & GOAL LINE PASSES

Roll Pass
"Z" 7
"Z" 8
"Z" Lazy 7
"Y" Smash
72 Pick
428
"Z" Sneak
"X" (U) Sneak
Split Roll 47 "R" Drag

RUN PASS

20 Reach Pivot

989 Robert

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(REGULAR - 3 DIGIT PASSING)

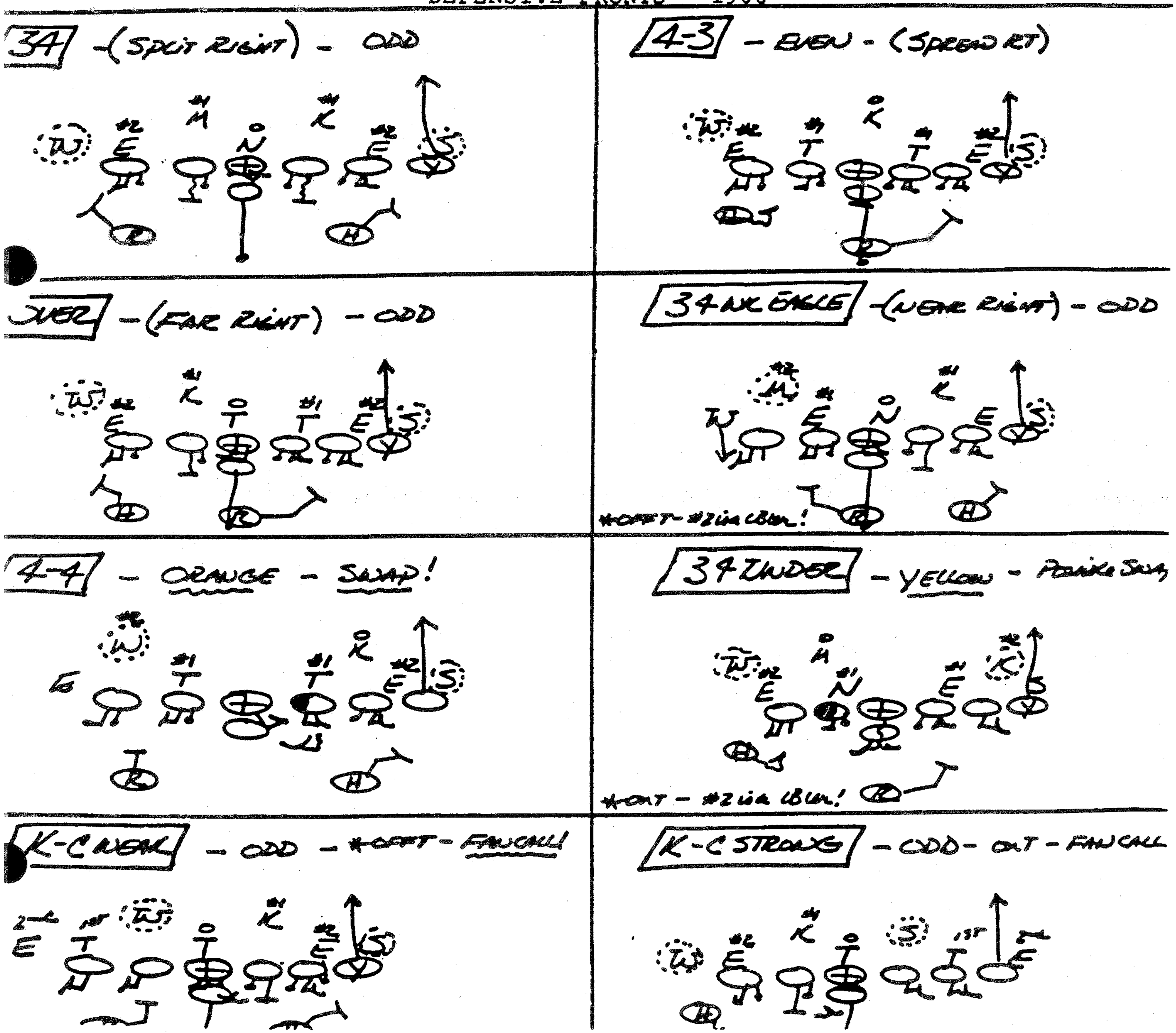
PASSING GAME

PROTECTION:

REGULAR PROTECTION

This is our BASIC DROP BACK pass protection where our offensive line will use MAN BLOCKING PRINCIPLES giving us a SOLID FRONT. Both backs ("R" and "H") will be given a blocking responsibility-- 1st linebacker or blitzer inside-out -- outside the center-box excluding "MIKE". This protection can be run from TWO-BACK SETS as well as from our standard ONE-BACK SETS of SPREAD or TRIPS! In order for the BACKS to apply their rule properly they must know by formation call if they are the STRONG or WEAK BACK.

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION:

REGULAR PROTECTION

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the FORMATION CALL SIDE - Example: TRIPS RIGHT - 989 Over - RIGHT SIDE is ONSIDE! SPLIT LEFT - 787 Wide - LEFT SIDE is ONSIDE! If the term RIP or LIZ is added prior to the pattern called - the uncovered lineman to the RIP(Right) or LIZ (Left) side has a dual read. If the QB gives the term "FIRM" -- he is alerting the offensive team that he is taking a 3 STEP DROP -- take your blocking responsibility on at the LOS - BE STOUT!

C MAN BLOCKING = "O" - (DROP BACK PROTECTION TECHNIQUE) - versus an even call - explode back 1 to 1½ yards deep unless "FIRM" has been called - check your linebacker (Mike) - (OVER LAP TECHNIQUE) - look to help on anything inside or pick up the TRASH!

CALLS TO BE ALERT FOR:

a) ODD or EVEN CALL - Your call - to determine the alignment of the defensive front!

1) ODD - Covered by a down lineman!

2) EVEN - Covered by a linebacker!

b) ORANGE or YELLOW CALL - Your call - when uncovered - call to determine which side you are counting "O". ORANGE - to the right; YELLOW - to the left! Versus 3 DOWN LINEMEN - make color call to the side the nose/tackle aligns. Versus - 4 DOWN LINEMEN - make the color call to the side that "MIKE" aligns. If the "MIKE" has been substituted for such, such as in 3rd down looks (NICKEL; DIME; or QUARTER LOOKS) make the call to the PROTECTION CALL SIDE which is the formation call in REGULAR PROTECTION!

c) SWAP CALL - Set to block the defender aligned on the onside guard - AREA BLOCKING! Be prepared to handle a T-T-TWIST - as you set, if the defender aligned on the onside guard LOOPS backside - rock back towards the offside guard and make a SWITCH CALL! NOTE: SWAP CALL will only come after an orange or yellow call.

IF C + G are both covered

d) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING! ROCK-IT- slide right; LOAD-IT - slide left! Your call - if covered by a down lineman and linebacker stacked in general area onside. This call can be made to either side of an over load versus OVER or UNDER looks!

ON G MAN BLOCKING - #1 - (DROP BACK PROTECTION TECHNIQUE). If #1 is a linebacker - explode back 1 to 1½ yards deep unless "FIRM" has been called - check your linebacker - be prepared to help on anything that shows inside. If #1 is a down lineman - If #2 is a down lineman - take proper set - take him on the LOS!

CALLS TO BE ALERT FOR:

a) EVEN CALL - Set inside to block #1 - unless he is aligned in a loose 3 technique. Be prepared to handle a T-T TWIST - as you set, if the defender aligned on you LOOPS backside - keep sliding flat to inside and make a SWITCH CALL to offside guard and switch off!

b) SWAP CALL - Your call - in conjunction with an ORANGE or YELLOW CALL by center - area blocking with center! If the call is your side and #1 is aligned inside eye or shoulder (1 TECHNIQUE) or if linebacker or 1st blitzer is threatening the 3 gap - make SWAP CALL - open out and slightly back on your set - block any defender rushing into YOUR AREA - no one coming into your area - Over lap backside towards the center-box!

c) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING. ROCK-IT - slide right; LOAD-IT - slide left! Open out to the side of the call - block any defender that rushes into YOUR AREA!

ON T MAN BLOCKING - #2 -(DROP BACK PROTECTION TECHNIQUE). If #2 is a linebacker - FAN - 2nd man on LOS! If #2 is a down lineman - read his alignment and set accordingly. If 4 or 5 TECHNIQUE - use inside set! NOTE: All T-E-TWIST we pick up MAN and all E-T TWISTS are zoned off with the guard!

CALLS TO BE ALERT FOR:

a) ODD CALL - Set to block #2 the defensive end!

b) EVEN CALL - If #2 is a linebacker - block the wide rush end!

c) SWAP CALL - 2 MAN SLIDE between center and onside guard - set to block the defensive end!

d) ROCK-IT or LOAD-IT CALL - 3 MAN SLIDE between center and both guards! Set to block the defensive end!

e) FAN CALL - Your call - If covered by a down lineman and rush - end aligned on tight end (K-C LOOK) - make FAN CALL - set accordingly to block the wide-rush end!

OFF G MAN BLOCKING - #1 (DROP BACK PROTECTION TECHNIQUE) - If #1 is a linebacker (ODD CALL) - explode back - using an inside set approximately 1 to 1½ yards deep towards call side unless "FIRM" has been called - check your linebacker- if he drops back to help center or pick up TRASH inside. If #1 is a down lineman - set onside unless he is aligned in a loose 3 technique - be prepared to handle a T-T TWIST- Don't allow penetration! NOTE: If covered by a down lineman and linebacker walks up or threatens the center - guard gap (1 GAP) - set inside and block the linebacker in numbers!

CALLS TO BE ALERT FOR:

a) SWAP CALL - Your call - if center makes COLOR CALL (orange or yellow) your side and #1 is aligned inside eye or shoulder (1 TECHNIQUE). Open out and slightly back on your set - block any defender rushing into YOUR AREA - no one coming into your area - Overlap back inside towards the center-box!

b) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING. ROCK-IT - slide right; LOAD-IT - slide left! Use a lateral set to block the defender aligned on the center. If his hip goes away - be alert for someone twisting or blitzing back into your area!

c) FAN CALL - If offside tackle makes FAN CALL - set to block the defender aligned on the tackle. Use a WIDE RUSH SET!

OFF T MAN BLOCKING - #2 -(DROP BACK PROTECTION TECHNIQUE). NOTE: If #2 is a linebacker - FAN - 2nd man on LOS or the next defender to outside (34 Weak Eagle or Under Look).

CALLS TO BE ALERT FOR:

a) FAN CALL - Your call - if covered by a down lineman and rush-end aligned outside (K-C LOOK) - make FAN CALL - set accordingly to block the wide-rush end!

"Y" Run pattern called!

STRONG BACK - First linebacker from inside out excluding "MIKE". COLOR CALL your side (orange or yellow) disregard the 1st man off the LOS because he is "O".

WEAK BACK - This is a man protection scheme and "R" is responsible for the first "Blitzer" from inside-out, not counting the "Mike" linebacker. If your man does not rush the passer, scan from inside-out for any free (unblocked) opponent and block them. After checking your primary and secondary protection responsibilities, proceed with your pass pattern (if called) responsibility. Example: Vs. a normal 4-3 front: "R" is responsible for the weakside linebacker. Note: We designate both inside linebackers in a 3-4 front as "Mike".

a) OVERLOAD - If your protection responsibility vacates his position and goes over to the strongside of the formation, you must go across and block the first blitzer outside of the offensive tackle. If your responsibility vacates his position and takes up a coverage position in the secondary, you are free to proceed with your pass pattern.

b) ROCK IT/LOAD IT - A call made by the center alerting the back to take the first blitzer from the "guard area" to the outside.

c) ROBERT/LARRY - When coordinated with an orange or yellow (orange = Robert and yellow = Larry), the "R" will block the "second" blitzer from inside-out. If the center's orange or yellow call isn't coordianted with the huddle call (Robert/Larry), "R" will be responsible for his normal protection rules.

d) FAN CALL - Call made by offensive tackle alerting the adjacent guard and "R" back that he and the guard will be area blocking to their outside. The "R" back will then be responsible for the linebacker over the guard area.

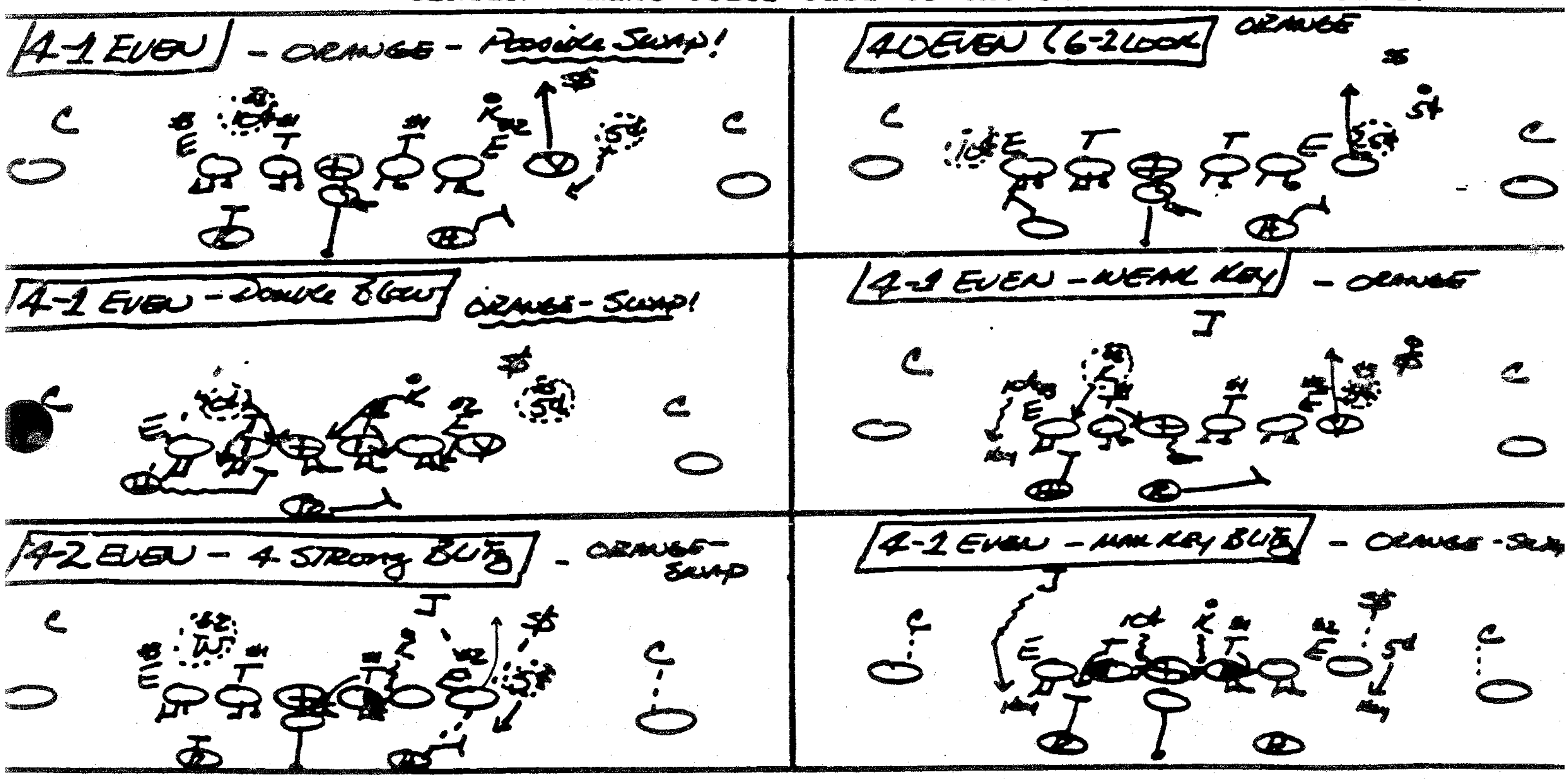
e) RIP/LIZ - Call to alert the callside guard (Rip = right and Liz - left) that he has a dual protection responsibility and the "R" back will only block the outside linebacker, if "Mike" and "Will" rush the passer. If only one of them rush, the guard will block him and the "R" will be in the pass pattern. Rip and Liz are off vs. 4-3 fronts.

SPECIAL SITUATIONS - 3RD AND MEDIUM TO LONG

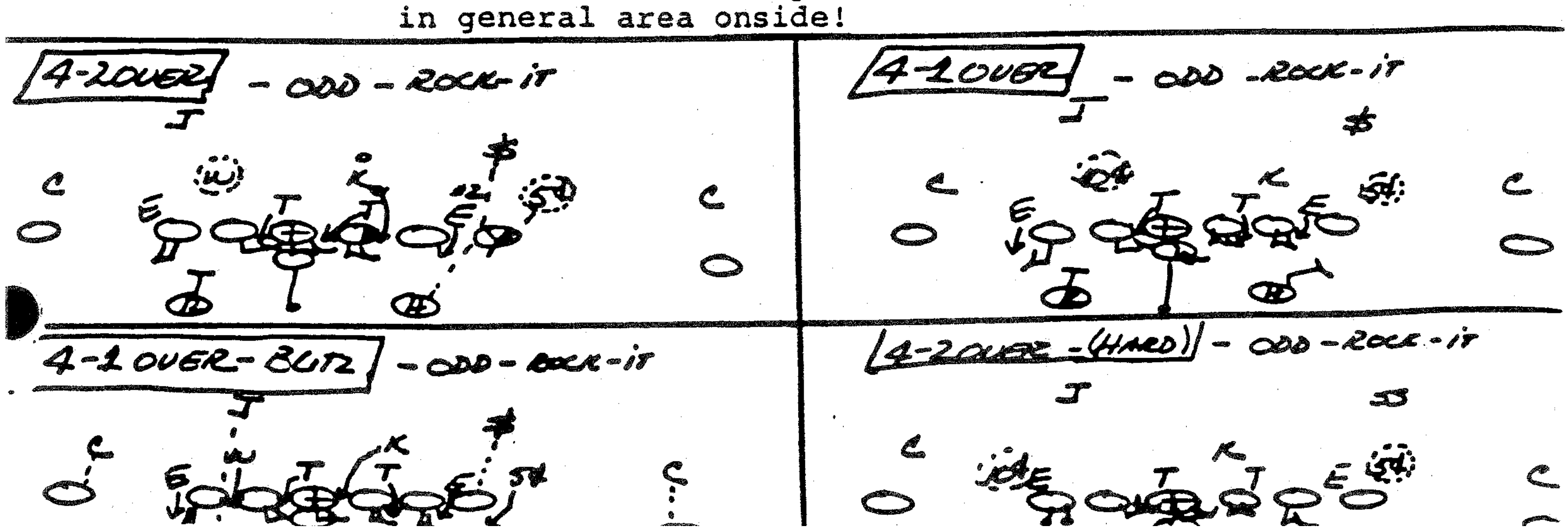
(REGULAR PROTECTION VS. NICKEL; DIME; QUARTER LOOKS)

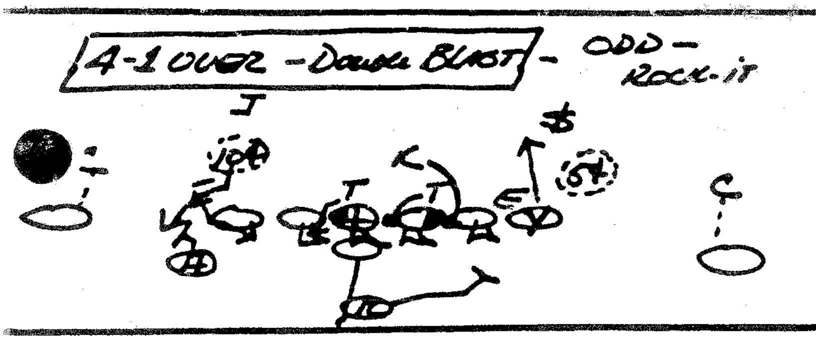
If it is a definite passing situation (2nd and long; 3rd and medium (3 to 6 yards); or 3rd and long (+6 or more) our center will alert the offensive line to remain in a PRE-SET position with a RACE HORSE CALL. Whether they have NICKEL (2 linebackers in game); DIME (1 linebacker in game); or QUARTER (no linebackers in game) personnel in the game will not affect how we make our calls!

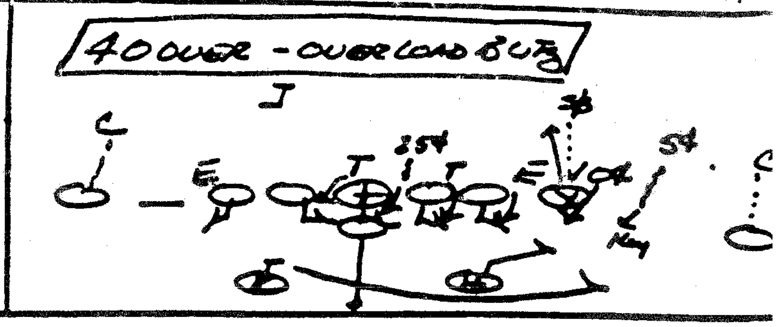
a. EVEN LOOKS - 4 DOWN PERSONNEL (Nickel; Dime; Quarter). CENTER - make color call to the FORMATION CALL SIDE!



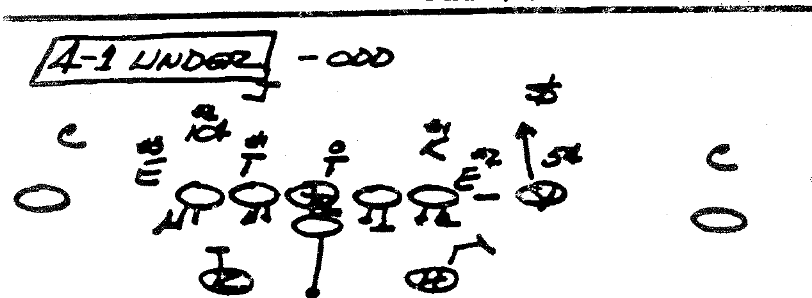
b. OVER LOOKS - 4 DOWN PERSONNEL (Nickel; Dime; Quarter). CENTER - make an ODD CALL with a ROCK-IT or LOAD-IT CALL - when covered by a down lineman and onside guard and tackle covered by down lineman and BLITZER stacked in general area onside!

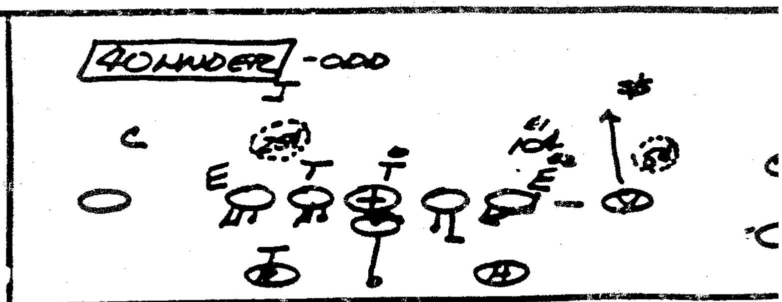


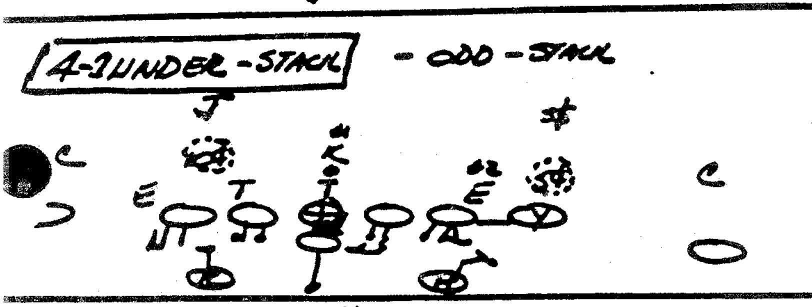


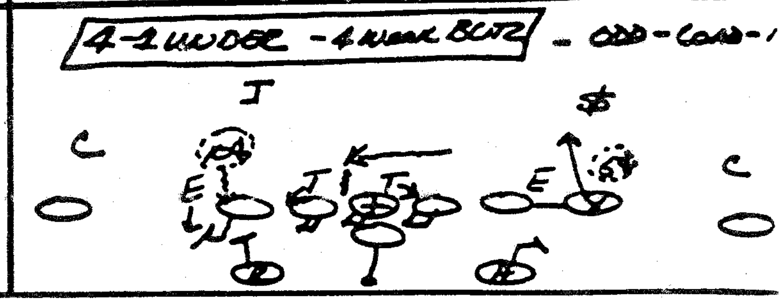


c) UNDER LOOKS - 4 DOWN PERSONNEL -(Nickel; Dime; Quarter). CENTER - make an ODD CALL with a ROCK-IT or LOAD-IT CALL if 2 blitzers stacked weak! (away from formation call).

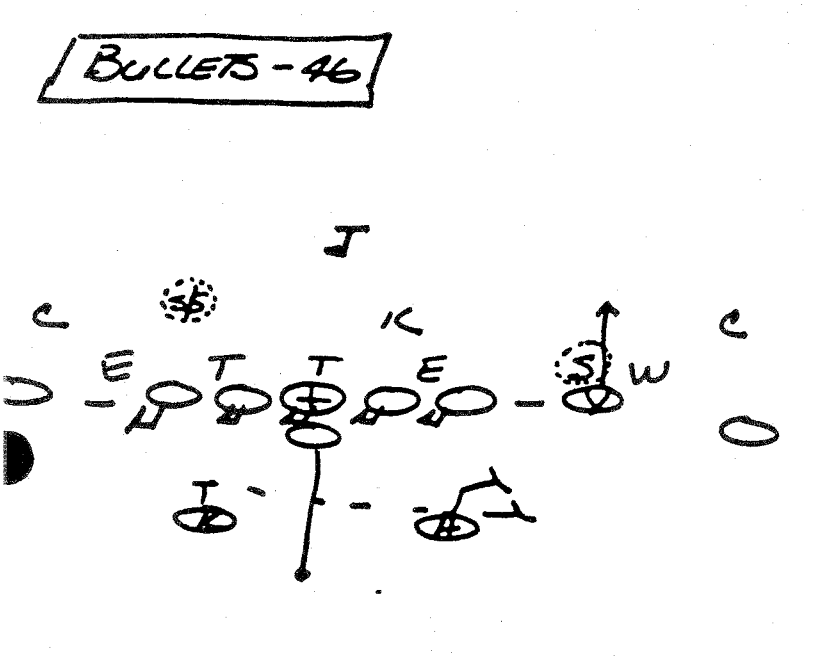


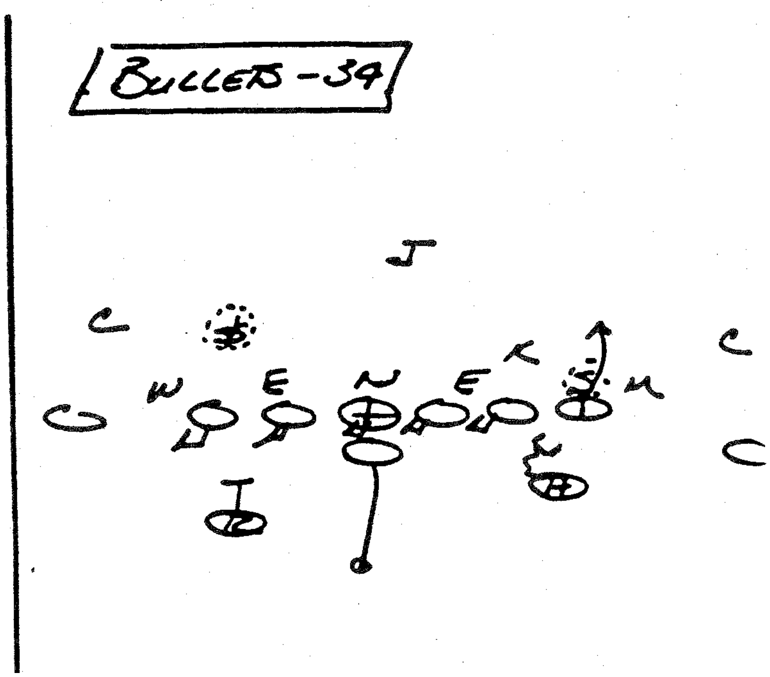




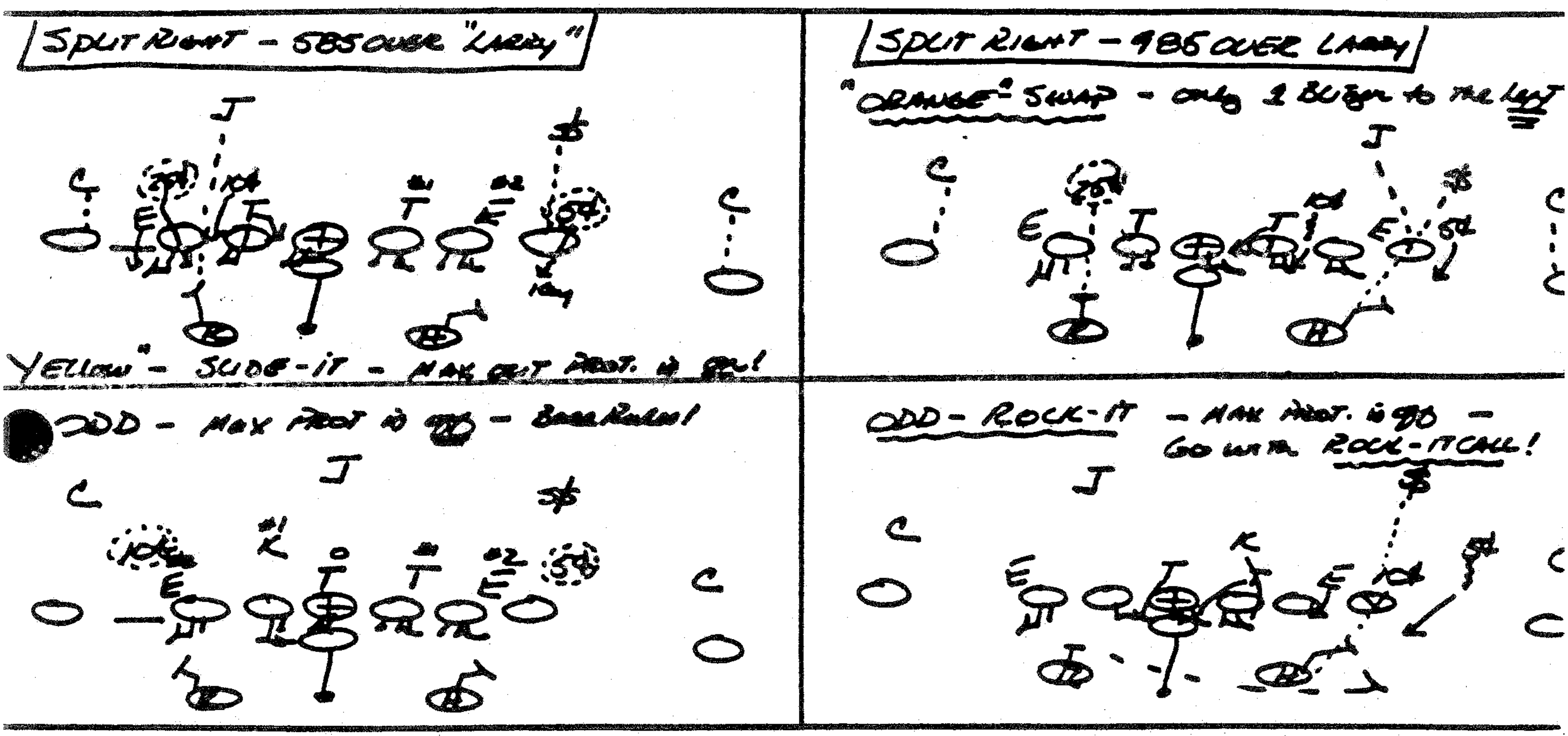


d) BASTARD LOOKS - 3 or 4 DOWN PERSONNEL - These looks require special blocking and the CENTER will alert the team by making a BULLETS CALL. When this call is made, the ONSIDE TACKLE will make a SLIDE-IT CALL and the offensive line will slide away from the formation call side!





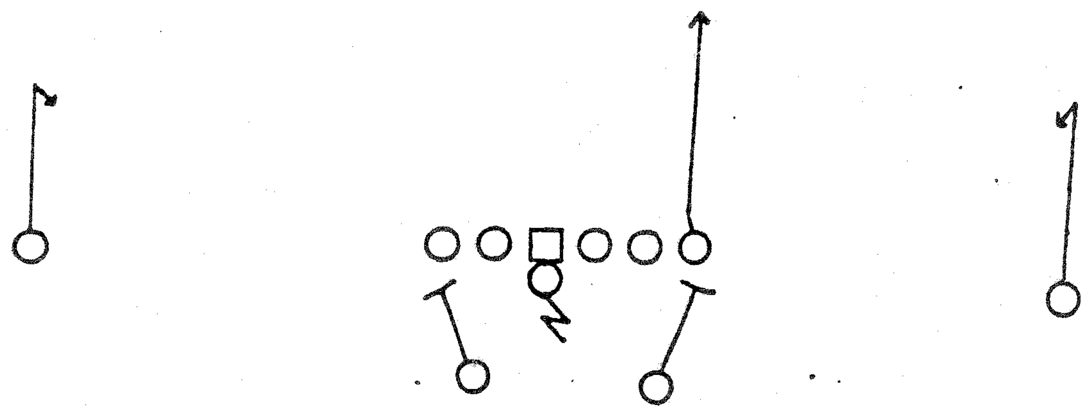
e) <u>ROBERT or LARRY</u> - If the term ROBERT or LARRY is called in the huddle -- the quarterback is alerting the team to MAX-OUT PROTECTION! If the term "ROBERT" has been called in the huddle (we are expecting a 4 WEAK BLITZ) and the center makes an ORANGE CALL (2 blitzers are to the <u>right</u> of the <u>center</u>)-- the center is confirming that MAX PROTECTION is ON! If the center makes any other call (Odd; Even; Load-It; Yellow) -- follow the base rules of REGULAR PROTECTION and the center's call. If the term "LARRY" has been called in the huddle and the center makes a YELLOW CALL (2 blitzers are to the <u>left of the center</u>) the center is confirming that MAX PROTECTION is ON!

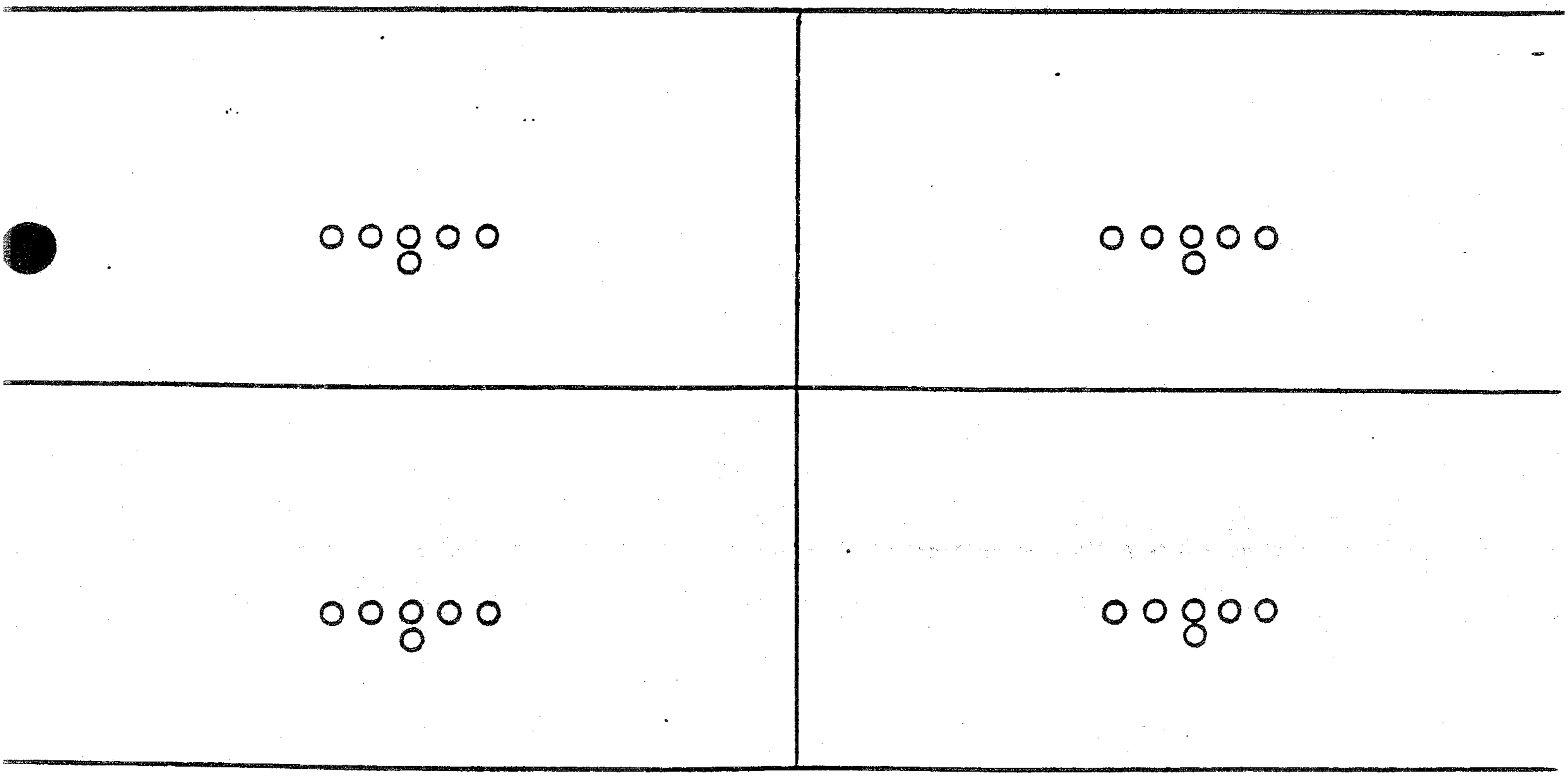


REGULAR PASSES

Firm 191
Firm 212 "H" Flat
Firm 212 "R" Flat
Firm 222 Flat
585 Over
989 Over
787 Wide
864 Wide
495 Lucky/Ricky

(FIRM) 191 (SPLIT RT)





KEY COACHING POINTS

QB - Strongside read, MOF closed stay strong unless S/S is wide in the box area; MOF open can work inside/out verticle stretch, or best release.

S.B.- 1st linebacker inside out not counting Mike - aggressive; check down.

W.B.- 1st linebacker inside out not counting Mike- aggressive, check down.

"X"- 1 Route, wide split, fade vs. Roll

"Y"- 9 Route

"Z"- 1 Route, wide split, fade vs. Roll

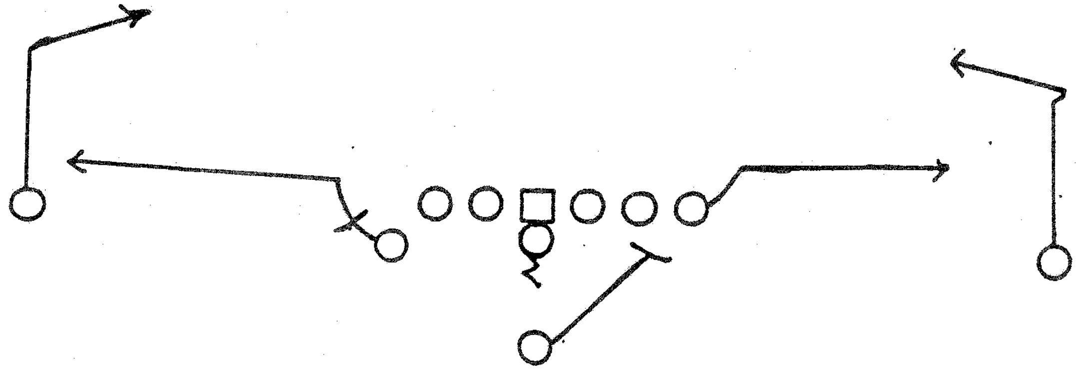
PROTECTION

Regular (Firm)

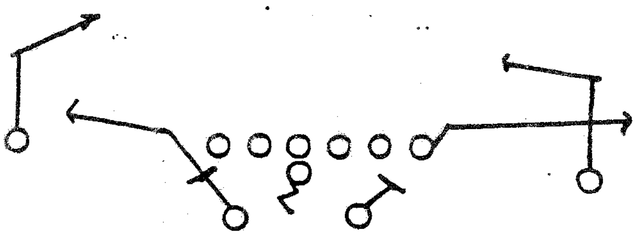
FORMATIONS

Split
Near
Far

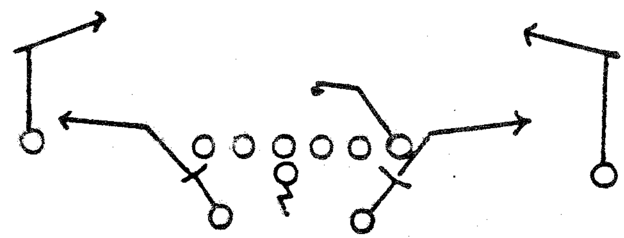
(FIRM) 212 "H" FLAT

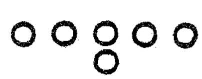


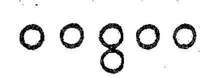
(FIRM) 212 "R" FLAT



(FIRM) 222 FLAT







KEY COACHING POINTS

QB - Coverage read, MOF closed throw away from rotation or by game plan; MOF open can work either side; or by game plan.

S.B. - 1st linebacker inside out not counting Mike, run tag.

W.B. - 1st linebacker inside out not counting Mike, run tag.

"X" - 2 Route, fade vs. Roll

"Y" - 1 Route

"Z" - 2 Route, fade vs. Roll

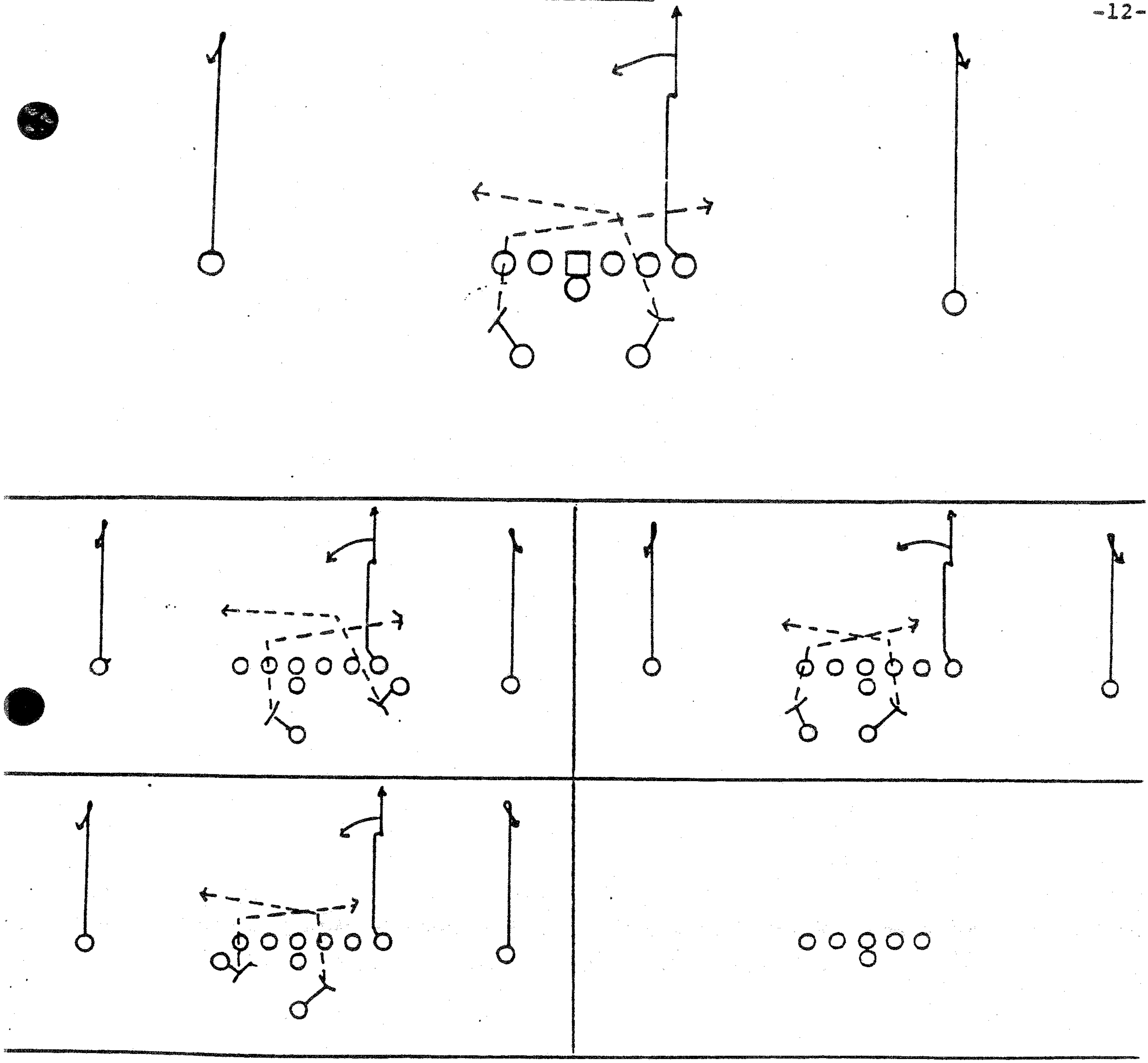
PROTECTION

Firm Regular

FORMATIONS

Split
Far
Near
Spread

585 OVER



KEY COACHING POINTS

QB = Strongside read, MOF open read deep to short inside/out; MOF closed read deep to short outside/in; responsible with X for W/S.

S.B.= 1st linebacker inside out not counting Mike, swing if not tagged.

W.B.= 1st linebacker inside out not counting Mike, swing if not tagged.

"X" = 1st Digit (5) Fade Vs. Roll. W/S Blitz adjustment.

"Y" = 2nd Digit (8) Adjust Vs. 3 Deep

"Z" = 3rd Digit (5) Fode Vs. Roll

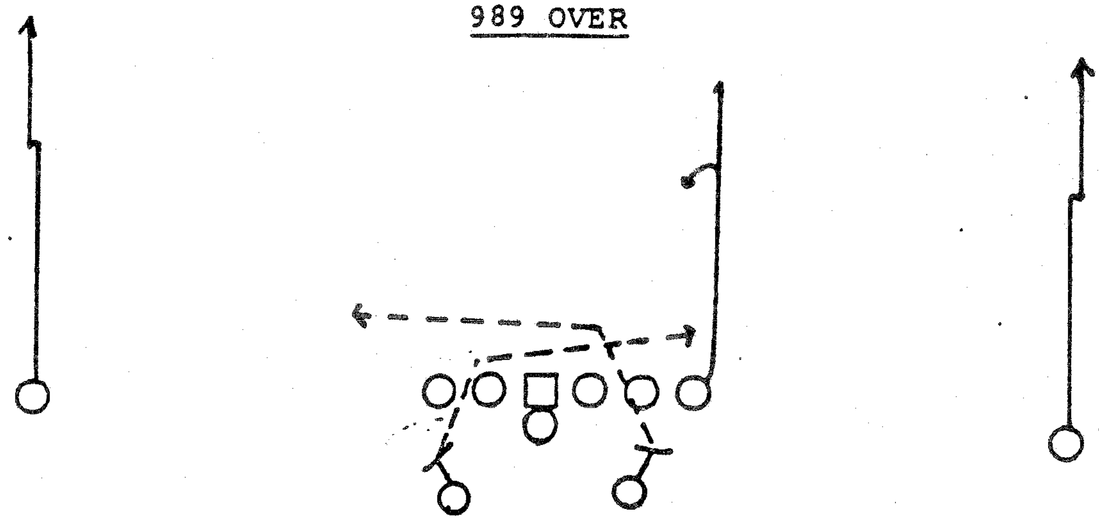
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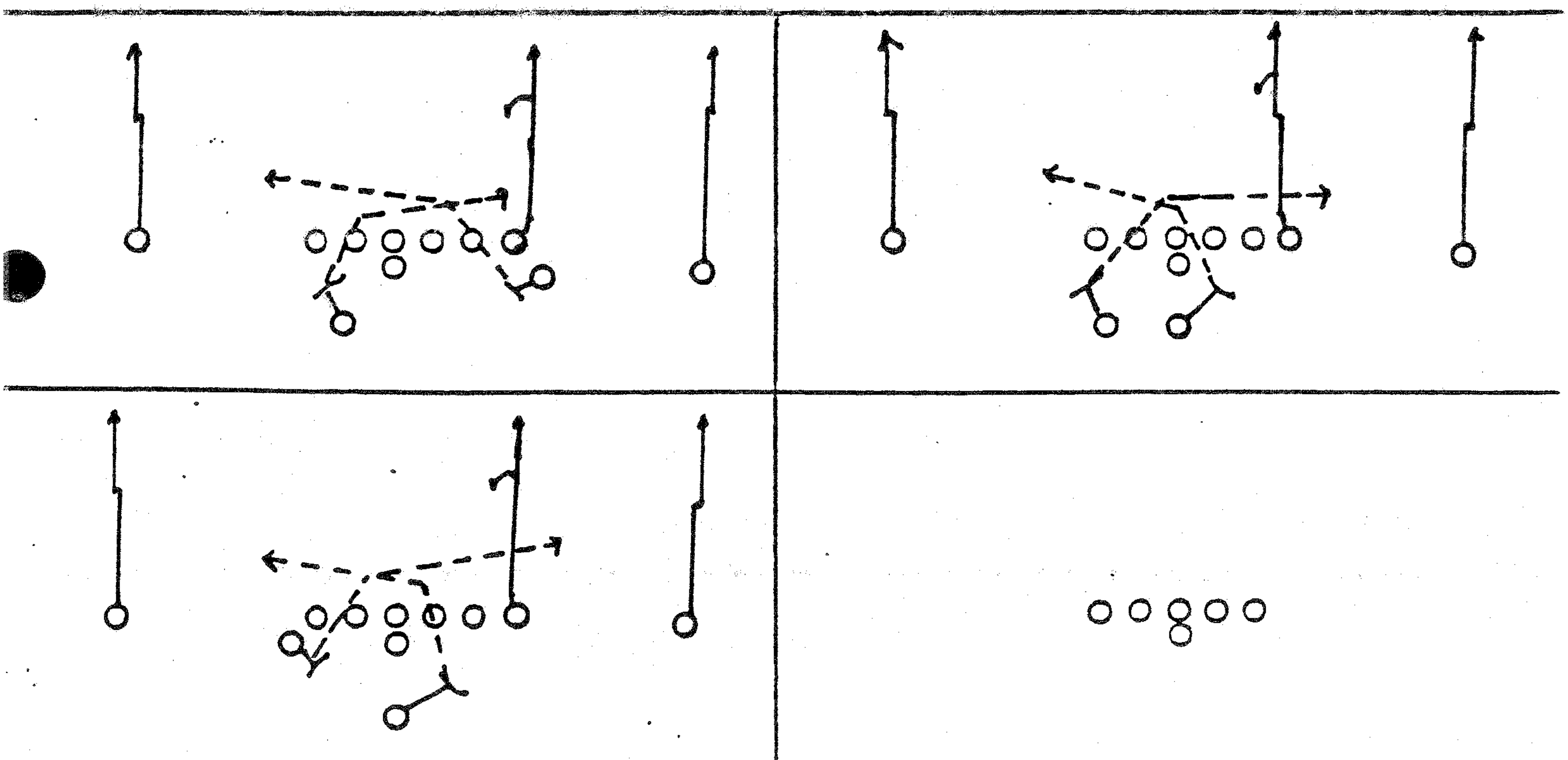
Regular

FORMATIONS

Trips
Split
Spread
Far

989 OVER





KEY COACHING POINTS

QB = Strongside read, MOF open read deep to short inside/out, MOF closed read deep/ short outside in; backside by game plan (match up).

S.B.= 1st linebacker inside out not counting Mike, swing if not tagged.

W.B.= 1st linebacker inside out not counting Mike, swing if not tagged.

"X" = 1st Digit (9) adjust Vs. W/S Blitz

"Y" = 2nd Digit (8)

"Z" = 3rd Digit (9)

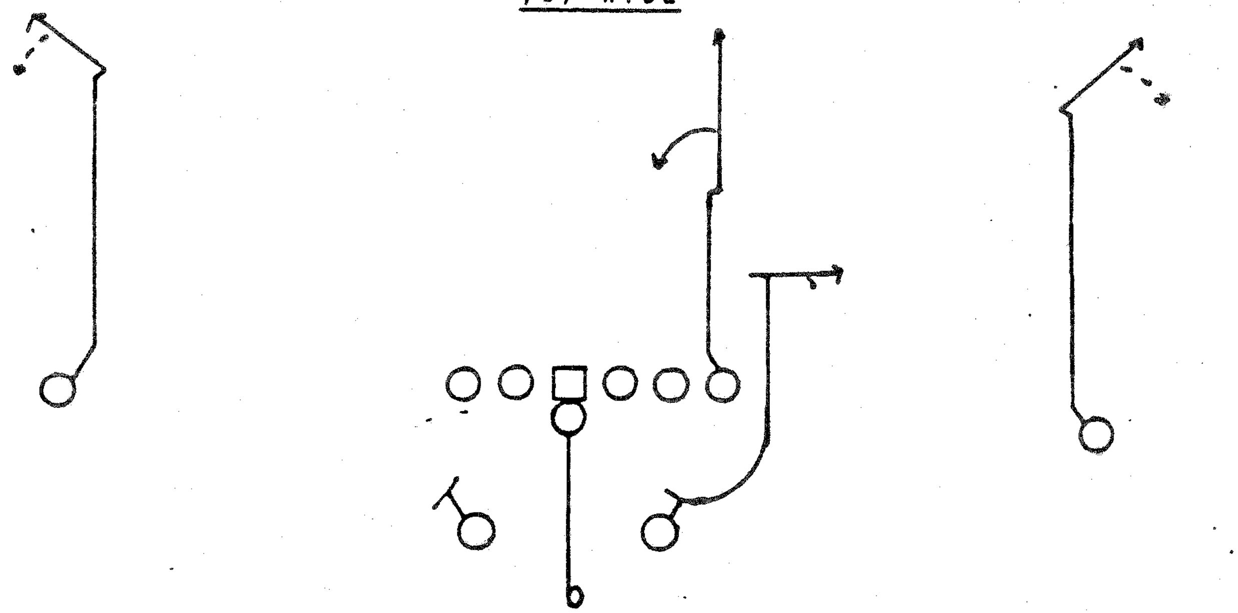
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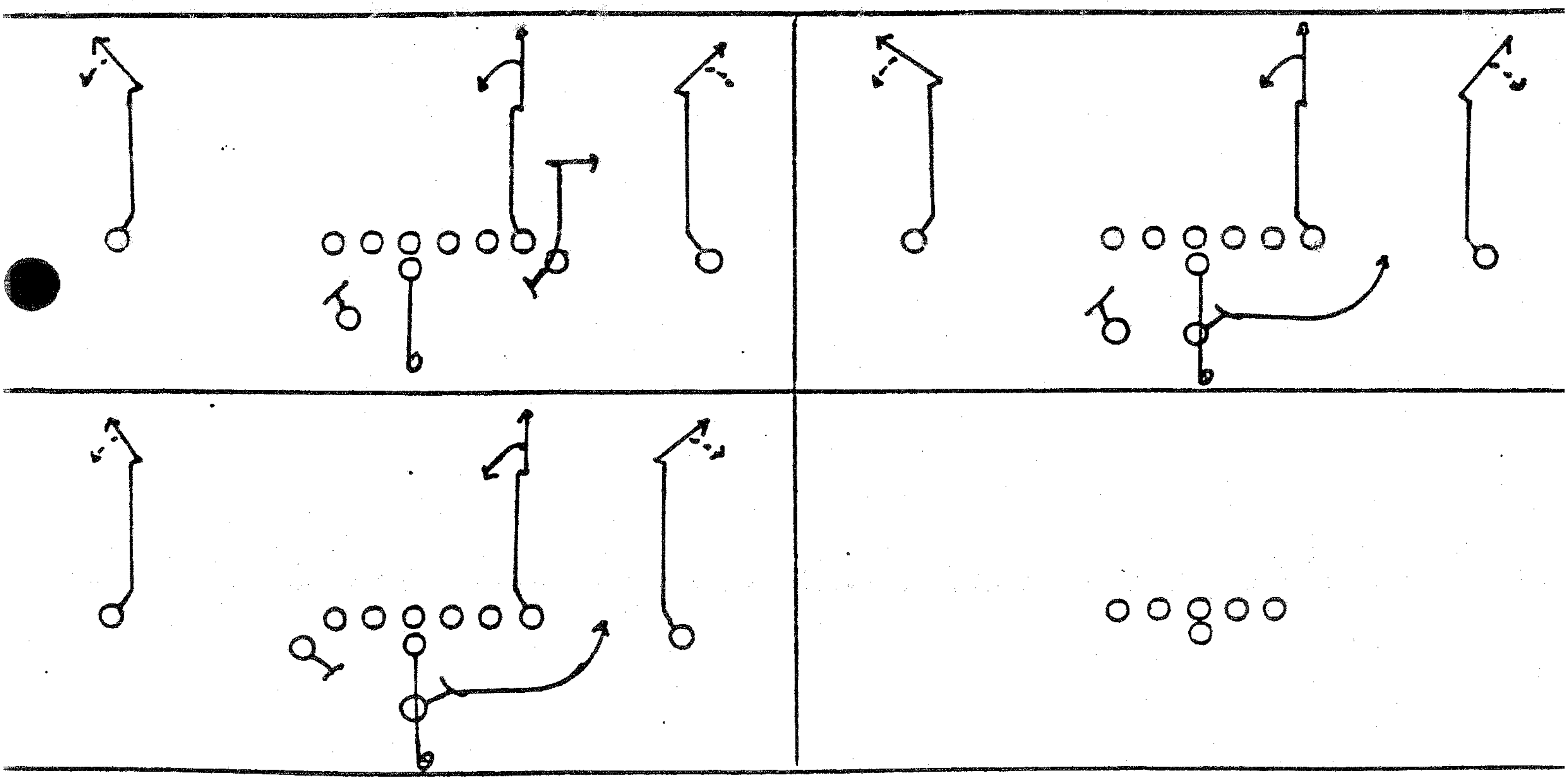
Regular

FORMATIONS

Split
Far
Spread
Trips

787 WIDE





KEY COACHING POINTS

QB = Strongside read, MOF open read deep to short inside/out. MOF closed read deep to short outside/in. Responsible with X for W/S.

S.B.= 1st linebacker inside out not counting Mike, swing if not tagged.

W.B.= 1st linebacker inside out not counting Mike, swing if not tagged.

"X" = 1st Digit 7, adjust Vs. W/S Blitz

"Y" = 2nd Digit 8

"Z" = 3rd Digit 7

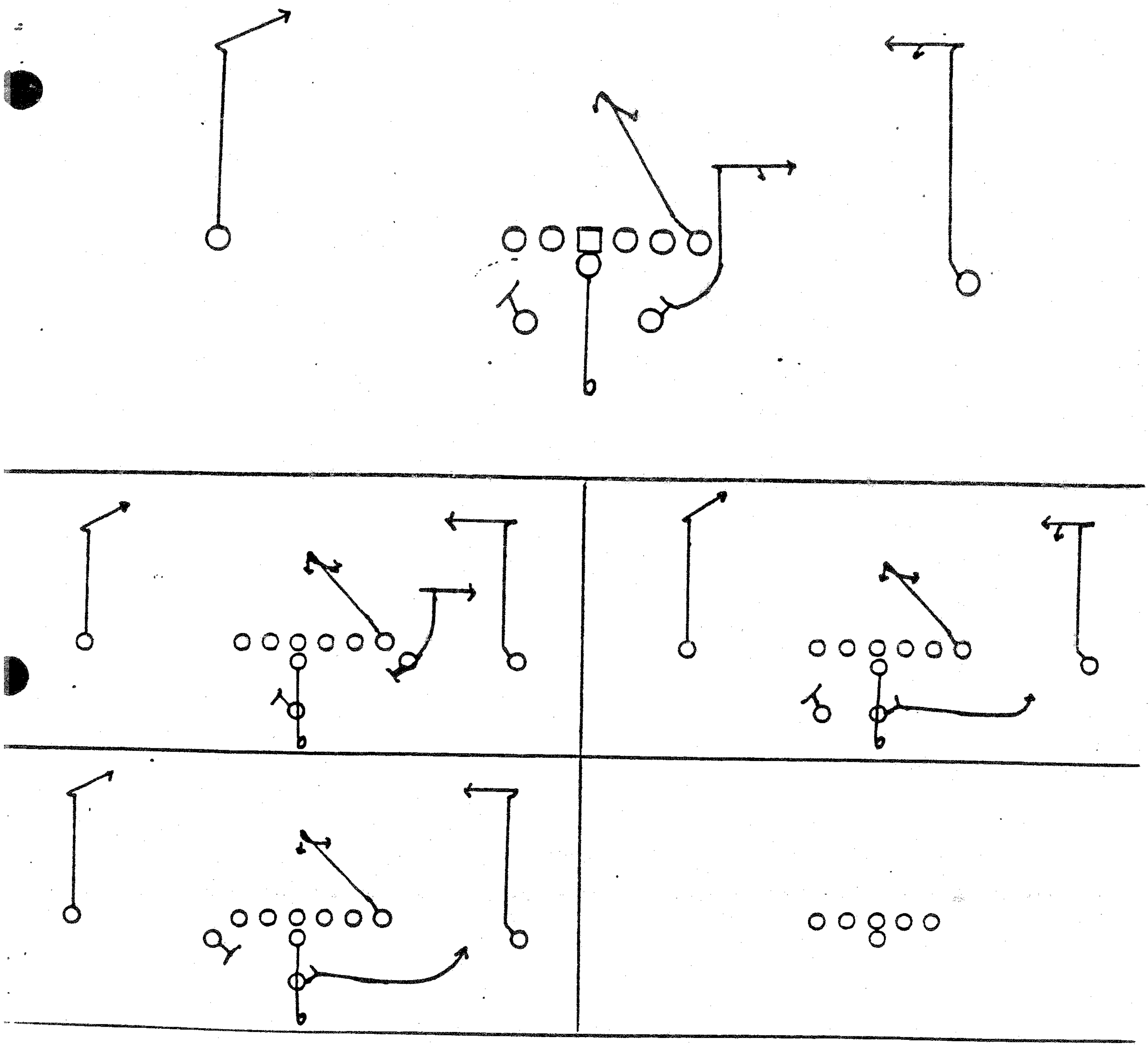
PROTECTION

Regular

FORMATIONS

Split
Far
Spread
Trips

864 WIDE



KEY COACHING POINTS

QB = Read Strongside; deep/short throw off underneath coverage, backside only by game plan or W/S blitz.

S.B.= 1st linebacker inside out not counting Mike, swing if not tagged.

W.B.= 1st linebacker inside out not counting Mike, swing if not tagged.

"X" = First Digit 8, Flat Vs. Press. Vs. W/S Blitz adjust.

"Y" = Second Digit 6

"Z" = Third Digit 4

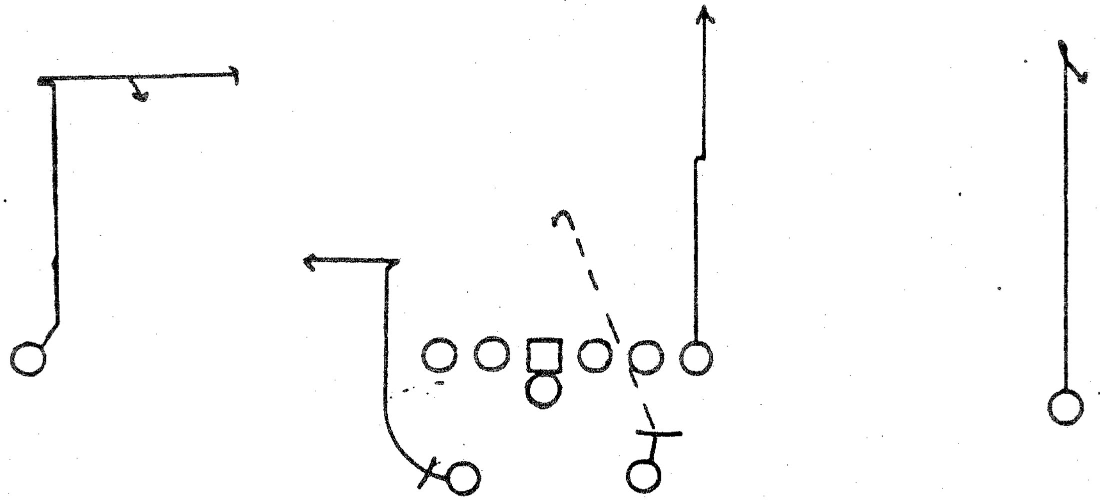
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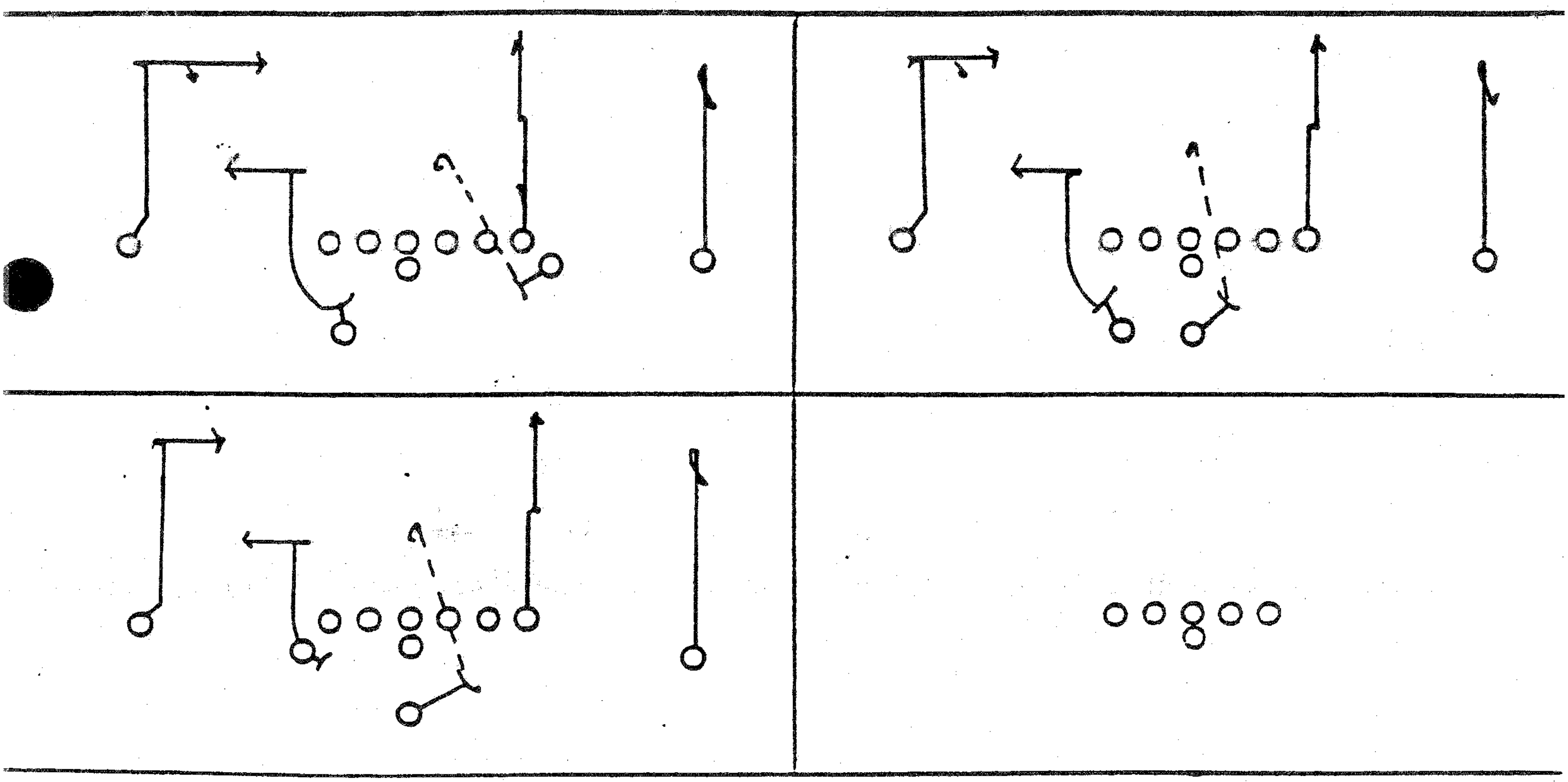
Regular

FORMATIONS

Split
Far
Spread
Trips

495 LUCKY





KEY COACHING POINTS

QB = Weakside read unless W/S takes away the 4. Read deep to short off underneath coverage. W/S weak work strong side inside/out.

S.B.= 1st linebacker inside out not counting Mike, swing if not tagged.

W.B.= 1st linebacker inside out not counting Mike, swing if not tagged.

"X" = 1st Digit (4), adjust Vs. W/S Blitz

"Y" = 2nd Digit (9)

"Z" = 3rd Digit (5) Fade Vs. Roll

PROTECTION

Regular

FORMATIONS

Split
Far
Spread
Trips

TABLE OF CONTENTS

("OH'S" PASSING)

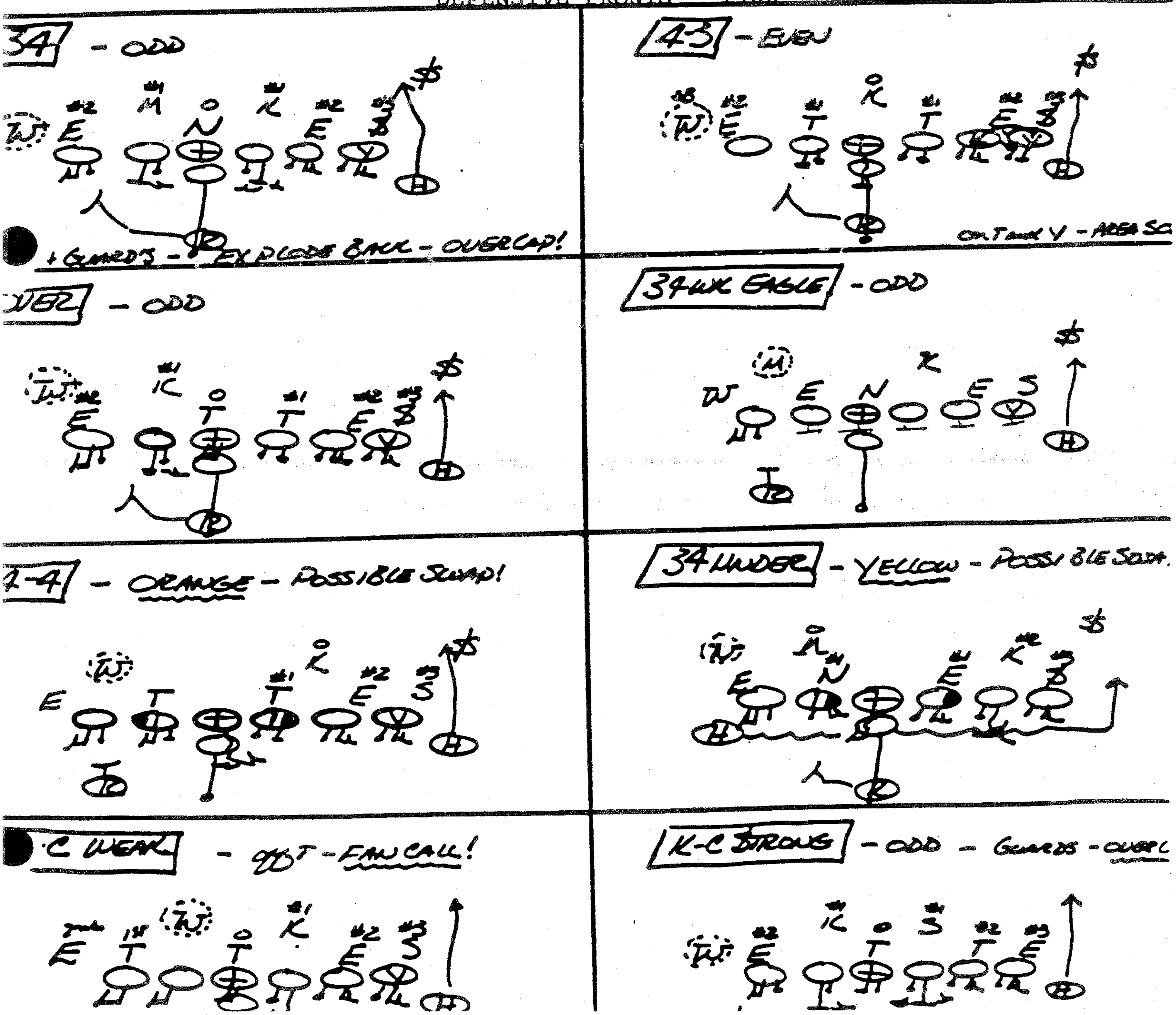
PASSING GAME

PROTECTION:

"OH'S"PROTECTION

This is a DROP BACK STYLE of pass protection where our offensive line will use MAN BLOCKING PRINCIPLES giving us a SOLID FRONT. Our TIGHT END will be given a blocking responsibility and our "R" BACK will have 1st linebacker or blitzer inside-out -- outside the center box! OH'S PROTECTION will always be run from some form of TRIPS and the Quarterback will use a 7 step drop and set behind the center-box.

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION:

"OH'S PROTECTION

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the FORMATION CALL SIDE - Example: TRIPS RIGHT - OH'S" - 970 - RIGHT SIDE is ONSIDE! TRIPS LEFT - "OH'S" 585 Over - LEFT SIDE is ONSIDE! If the term RIP or LIZ is added prior to the pattern called - the uncovered lineman to the RIP(right) or LIZ (left) side has a dual read. This term will be added versus teams that employ a 3-4 look as their base front!

C MAN BLOCKING - "O" - (Drop Back Protection Technique) - Versus an Even Call - explode back 1 to 1½ yards deep - check your linebacker (Mike) - OVER LAP TECHNIQUE) - look to help on anything inside or pick up the TRASH!

CALLS TO BE ALERT FOR:

a) ODD or EVEN CALL - Your call - to determine the alignment of the defensive front!

   1) ODD - Covered by a down lineman!

   2) EVEN - Covered by a linebacker!

b) ORANGE or YELLOW CALL - Your call - when uncovered - call to determine which side you are counting "O". ORANGE - to the right; YELLOW - to the left! Versus - 3 DOWN LINEMEN - make color call to the side the nose/tackle aligns. Versus - 4 DOWN LINEMEN - make the color call to the side that "Mike" aligns. If the "Mike" has been substituted for such as in the 3rd down looks (NICKEL; DIME; or QUARTER looks) make the call to the PROTECTION CALL SIDE which is the formation call in OH'S PROTECTION!

c) SWAP CALL - Set to block the defender aligned on the onside guard - AREA BLOCKING! Be prepared to handle a T-T TWIST - as you set, if the defender aligned on the onside guard LOOPS backside - rock back towards the offside guard and make a SWITCH CALL. NOTE: SWAP CALL will only come after an orange or yellow call.

d) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING! ROCK-IT - slide right; LOAD-IT - slide left! Your call - if covered by a down lineman and onside guard and tackle covered by a down lineman and linebacker stacked in general area onside. This call can be made to either side of an over load versus OVER or UNDER looks!

ON G — MAN BLOCKING - #1 -(DROP BACK PROTECTION TECHNIQUE). If #1 is a linebacker - explode back approximately 1 to 1½ yards deep - check your linebacker - be prepared to help on anything that shows inside. If #1 is a down lineman - take proper set - take him on the LOS!

CALLS TO BE ALERT FOR:

a) EVEN CALL - Set inside to block #1 - unless he is aligned in a loose 3 technique. Be prepared to handle a T-T TWIST - as you set, if the defender aligned on you LOOPS backside - keep sliding flat to the onside and make a SWITCH CALL to offside guard and switch off!

b) SWAP CALL - Your call - in conjunction with an ORANGE or YELLOW call by center - AREA BLOCKING with center! If the call is your side and #1 is aligned onside eye or shoulder (1 TECHNIQUE) or if the linebacker or 1st blitzer is threatening the 3 gap - make SWAP CALL - open out and slightly back on your set - block any defender rushing into YOUR AREA - no one coming into your area - over lap back inside towards the center-box!

c) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING. ROCK-IT - slide right; LOAD-IT - slide left! Open out to the side of the call - block any defender that rushes into YOUR AREA!

d) SWOOP CALL - Can be your call - if covered by a down lineman and another defender is in a BLITZ POSITION in the center-guard gap (1 GAP) - set inside using a lateral set and block any defender rushing thru the 1 GAP AREA! Never make a SWOOP CALL with a COLOR CALL or ROCK-IT or LOAD-IT CALL to your side!

ON T — MAN BLOCKING - #2 - (DROP BACK PROTECTION TECHNIQUE). If #2 is a linebacker - explode back - using an onside set approximately 1 to 1½ yards deep - check your linebacker-- if he drops slide out to help your TIGHT END with #3! If #2 is a down lineman - use inside set - AREA BLOCK with Tight End on any SOX or SEX STUNT! NOTE: All T-E TWISTS we pick up MAN and all E-T TWISTS are zoned off with the guard!

CALLS TO BE ALERT FOR:

a) SWOOP CALL - Can be your call - if covered by a down lineman and another defender is in a BLITZ POSITION in the guard-tackle gap (3 GAP) - set inside using a lateral set and block any defender rushing thru the 3 GAP AREA! Always be alert for a COLOR CALL (Orange or Yellow) or a Rock-It or Load-It Call - this will tell you if you need to make a SWOOP CALL! NEVER make a SWOOP CALL with a COLOR CALL or ROCK-IT or LOAD-IT CALL to your side!

b) SWAP CALL - 2 MAN SLIDE between center and onside guard - set to block the defensive end!

c) ROCK-IT or LOAD-IT CALL - 3 MAN SLIDE between center and both guards! Set to block the defensive end!

OFF G MAN BLOCKING - #1 -(DROP BACK PROTECTION TECHNIQUE). If #1 is a linebacker (ODD CALL) - explode back - using an onside set approximately 1 to 1½ yards deep towards call side (OVER LAP TECHNIQUE) - check your linebacker - if he drops look to help center or pick up TRASH inside. If #1 is a down lineman - set inside unless he is aligned in a loose 3 technique - be prepared to handle a T-T TWIST - don't allow penetration! NOTE: If covered by a down lineman and linebacker walks up or threatens the center-guard gap (1 GAP) - set onside and block the linebacker in numbers!

CALLS TO BE ALERT FOR:

a) SWAP CALL - Your call - if center makes COLOR CALL (Orange or Yellow) your side and #1 is aligned onside eye or shoulder (1 TECHNIQUE). Open out and slightly back on your set - block any defender rushing into YOUR AREA - no one coming into your area - Over lap back inside towards the center-box!

b) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING. ROCK-IT - slide right; LOAD-IT - slide left! Use a lateral set to block the defender aligned on the center. If his hip goes away-be alert for someone twisting or blitzing back into your area!

c) FAN CALL - If offside tackle makes FAN CALL - set to block the defender aligned on the tackle. Use a WIDE RUSH SET!

OFF T MAN BLOCKING - #2 - (DROP BACK PROTECTION TECHNIQUE) NOTE: If #2 is a linebacker - FAN - 2nd man on LOS or the next defender to outside (34 Weak Eagle or Under Look).

CALLS TO BE ALERT FOR:

a) FAN CALL - Your call - if covered by a down lineman and rush-end aligned outside (K-C LOOK) - make FAN CALL - set accordingly to block the wide-rush end!

"Y" MAN BLOCKING - #3 - (DROP BACK PROTECTION TECHNIQUE). If on-tackle is covered by down lineman then zone #2 and #3 with the on tackle. (SOX and SEX STUNTS)!

NOTE: COLOR CALL your side (Orange or Yellow) disregard the 1st man off the LOS because he is "O".

"R-BACK" This is a man protection scheme and "R" is responsible for the first "Blitzer" from inside-out, not counting the "Mike" linebacker. If your man does not rush the passer, scan from inside-out for any free (unblocked) opponent and block them. After checking your primary and secondary protection responsibilities, proceed with your pass pattern (if called) responsibility. **Example: Vs. a normal 4-3 front: "R" is responsible** for the weakside linebacker. Vs. a normal 3-4 front, "R" is responsible for teb weakside linebacker. NOTE: We designate both inside linebackers in a 3-4 front as "Mike".

a) OVERLOAD - If your protection responsibility vacates his position and goes over to the strongside of the formation, you must go across and block the first blitzer outside of the offensive tackle. If your responsibility vacates his position and takes up a coverage position in the secondary, you are free to proceed with your pass pattern.

b) ROCK-IT/LOAD-IT - A call made by the center alerting the back to take the first blitzer from the "guard area" to the outside.

c) ROBERT/LARRY - When coordinated with an Orange or Yellow (Orange = Robert and Yellow = Larry), the "R" will block the "second" blitzer from inside-out.

If the center's orange or yellow call isn't coordinated with the huddle call (Robert/Larry), "R" will be responsible for his normal protection rules.

d) FAN CALL - Call made by offensive tackle alerting the adjacent guard and "R" back that he and the guard will be area blocking to their outside. The "R" back will then be responsible for the linebacker over the guard area.

e) RIP/LIZ - Call to alert the callside guard (Rip = Right and Liz = Left) that he has a dual protection responsibility and the "R" back will only block the outside linebacker, if "Mike" and "Will" rush the passer. If only one of them rush, the guard will block him and the "R" will be in the pass pattern. Rip and Liz are off Vs. 4-3 fronts.

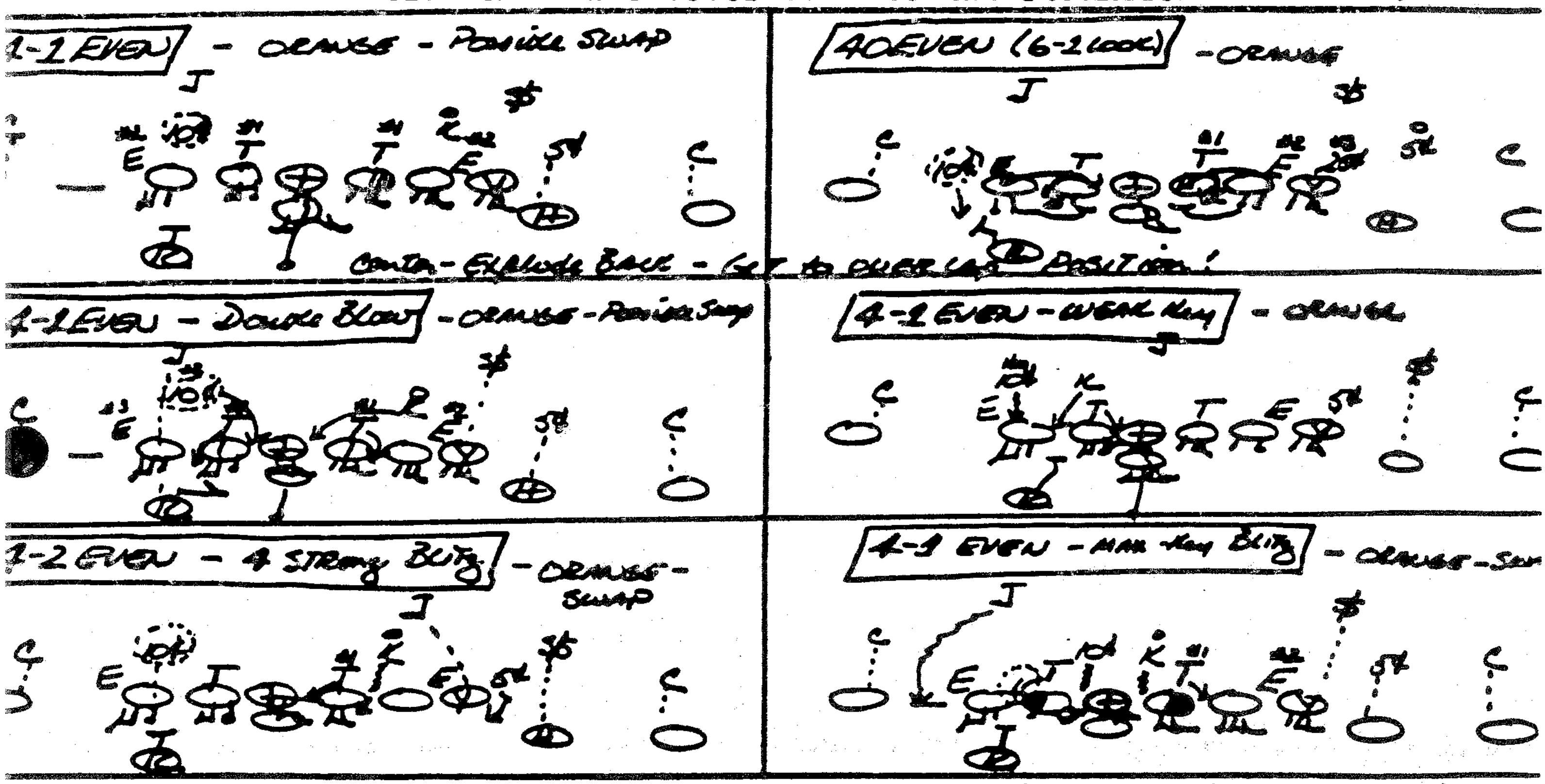
"H-BACK" Run pattern called!

SPECIAL SITUATIONS - 3RD AND MEDIUM TO LONG

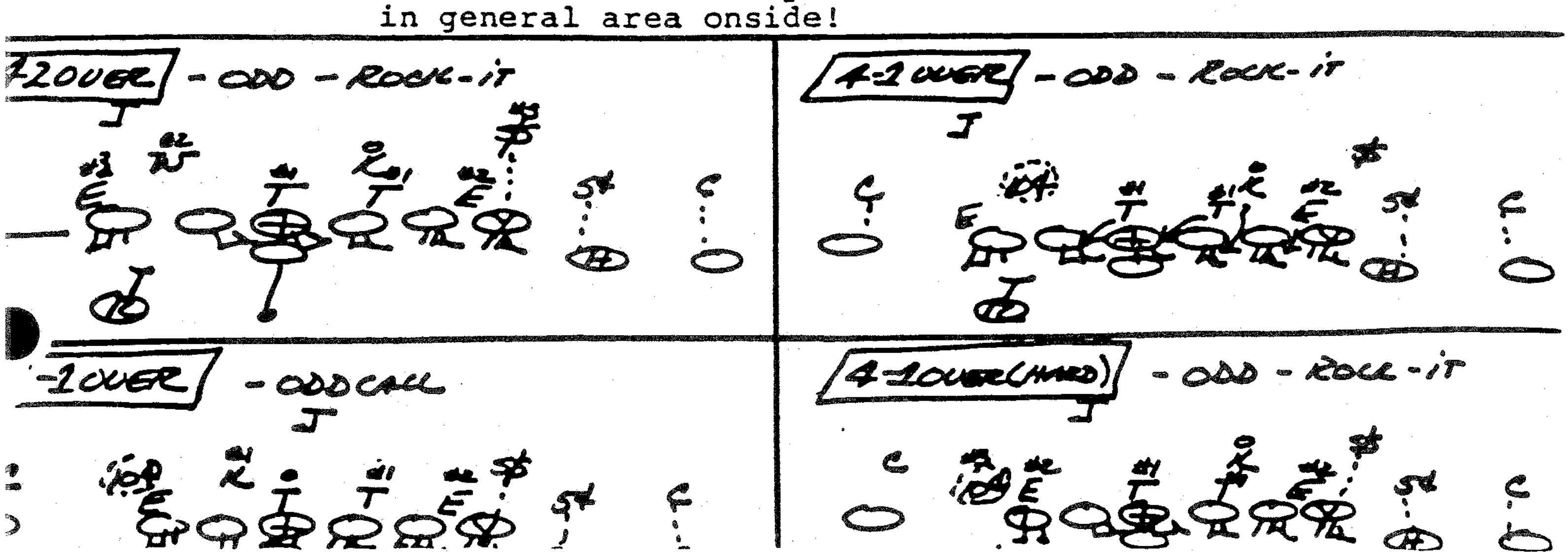
("OH'S" PROTECTION VS NICKEL; DIME; QUARTER LOOKS)

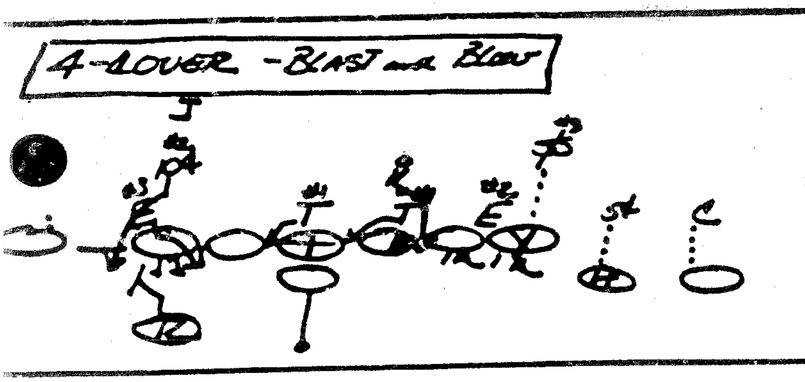
If it is a definite passing situation (2nd and long; 3rd and medium (3 to 6 yards); or 3rd and long (+6 or more) our center will alert the offensive line to remain in a PRE-SET position with a RACE-HORSE CALL. Whether they have NICKEL (2 linebackers in game); DIME (1 linebacker in game); or QUARTER (no linebackers in game) personnel in game will not affect how we make our calls!

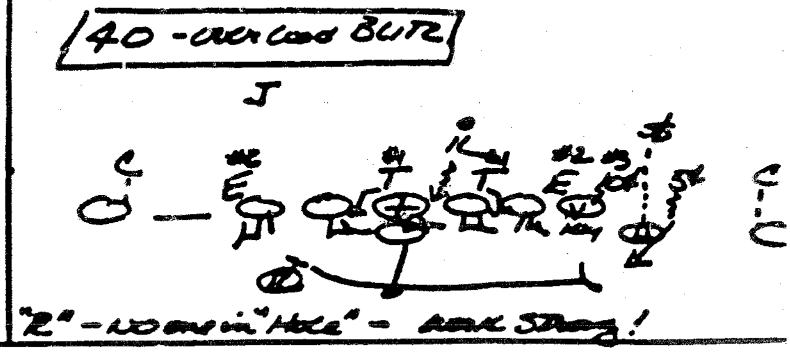
a) EVEN LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - make color call to the FORMATION CALL SIDE!



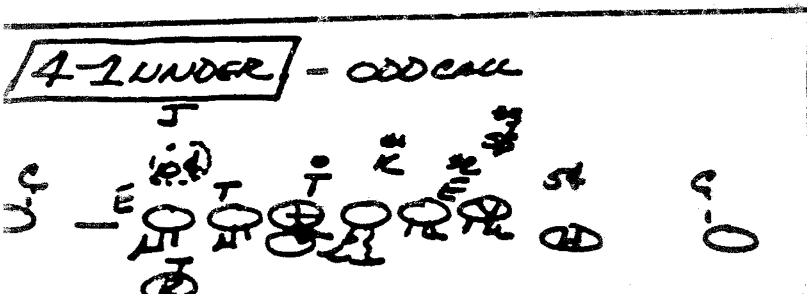
b) OVER LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - make an ODD CALL with a ROCK-IT or LOAD-IT CALL - when covered by a down lineman and onside guard and tackle covered by down linemen and BLITZER stacked in general area onside!

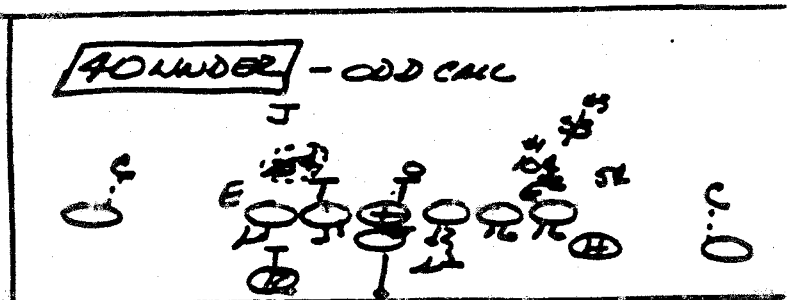


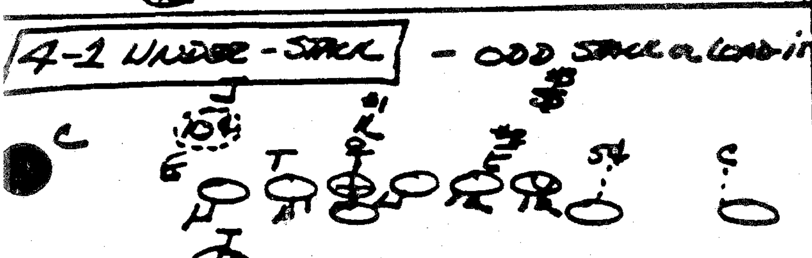


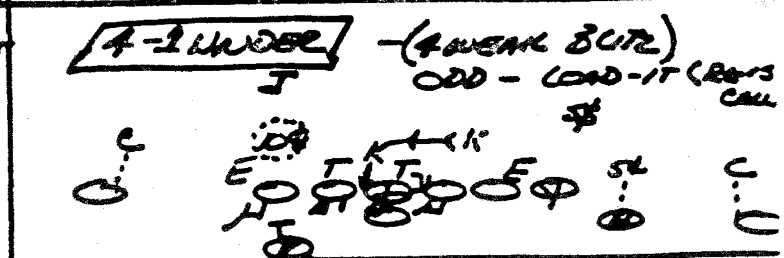


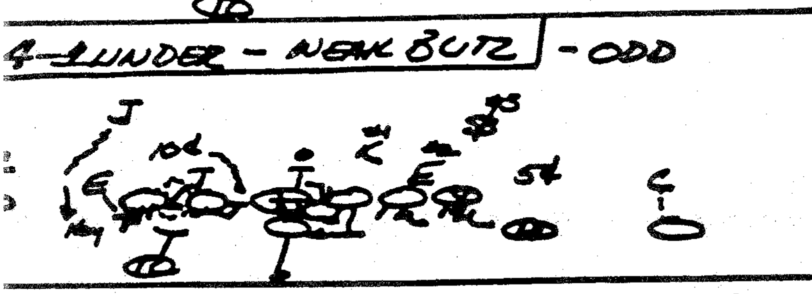
c) UNDER LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - make an ODD CALL with a ROCK-IT or LOAD-IT CALL if 2 Blitzers stacked weak! (Away from formation call).



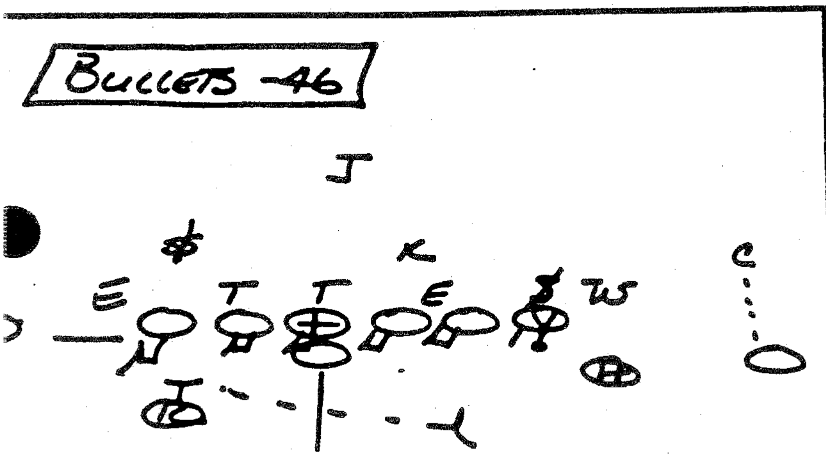


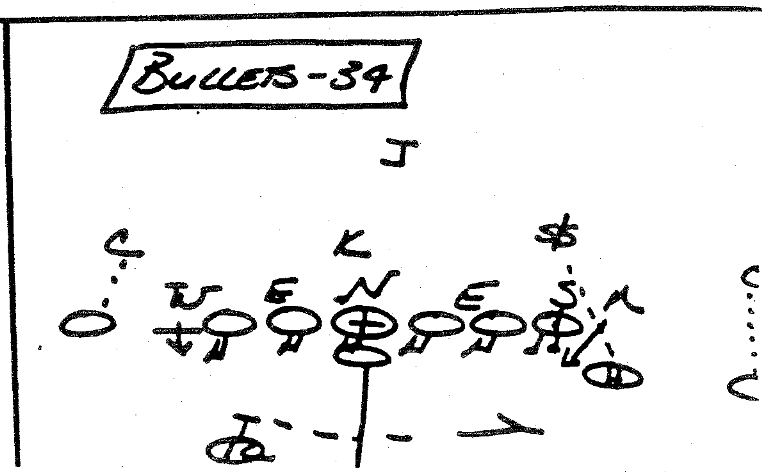




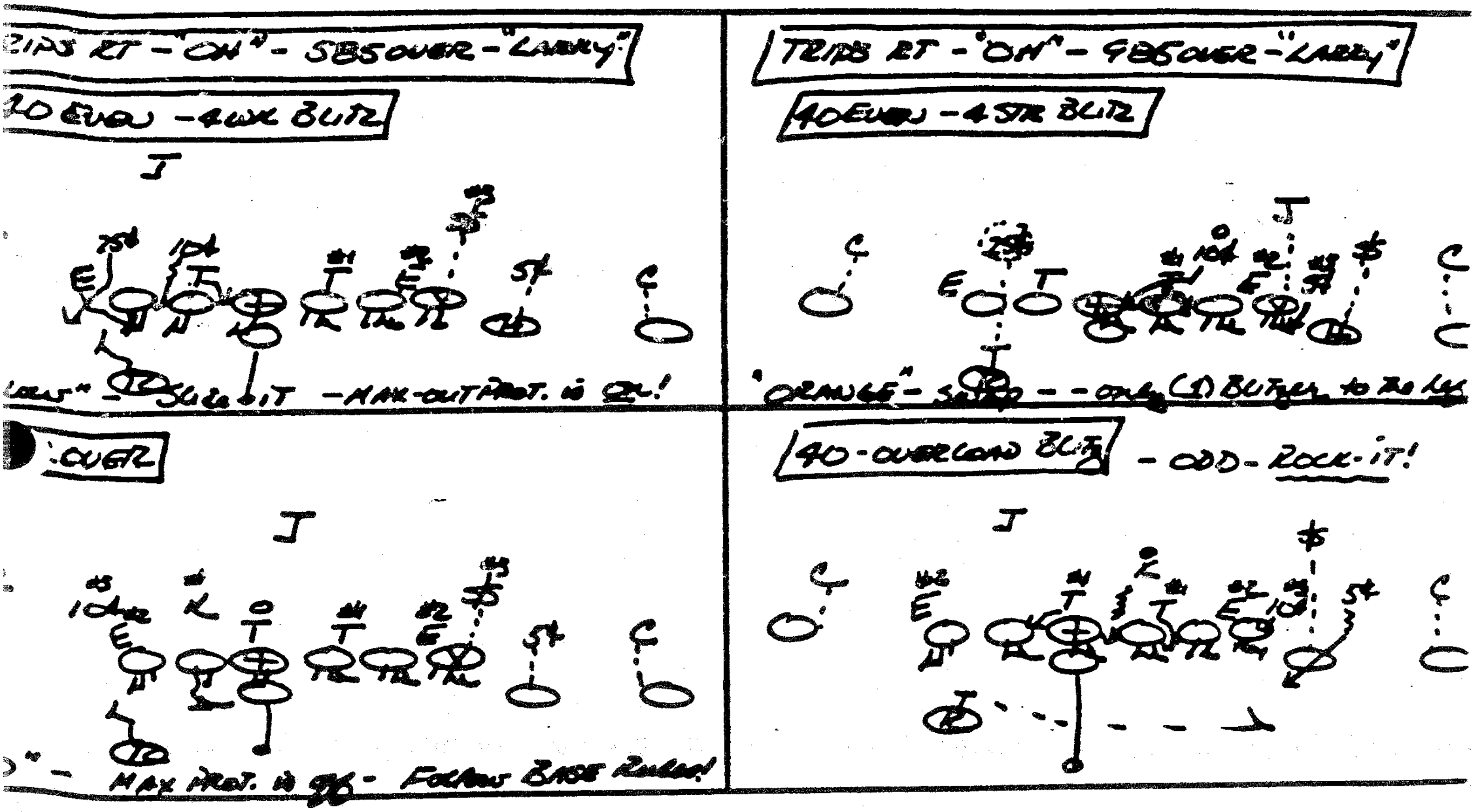


d) BASTARD LOOKS - 3 or 4 DOWN PERSONNEL - These looks require special blocking and the CENTER will alert the team by making a BULLETS CALL. When this call is made, the ONSIDE TACKLE will make a SLIDE-IT CALL and the offensive line will slide <u>away</u> from the formation call side!



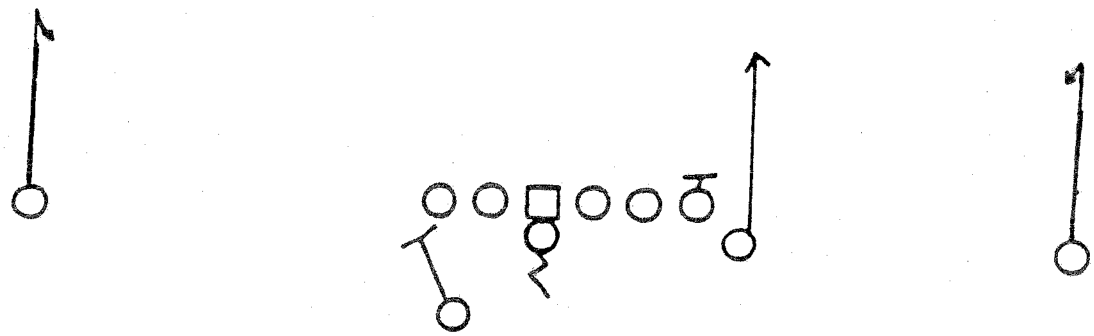


e) <u>ROBERT or LARRY</u> - If the term ROBERT or LARRY is called in the huddle -- the Quarterback is alerting the team to MAX-OUT PROTECTION! If the term "ROBERT" has been called in the huddle (we are expecting a 4 WEAK BLITZ) and the center makes and ORANGE CALL (2 blitzers are to the <u>right</u> of the center) -- the center is confirming that MAX PROTECTION is ON! If the center makes any other call (Odd; Even; Load-It; Yellow) -- follow the base rules of "OH'S" PROTECTION and the center's call. If the term "LARRY" has been called in the huddle and the center makes a YELLOW CALL (2 blitzers are to the <u>left</u> of the center) the center is confirming that MAX PROTECTION is ON!

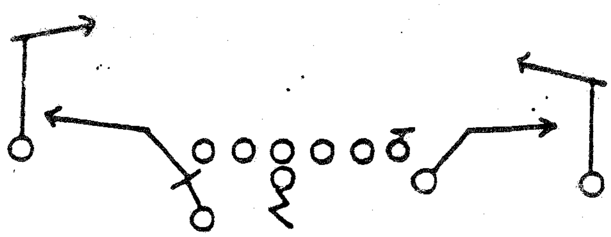


<u>OH'S</u>

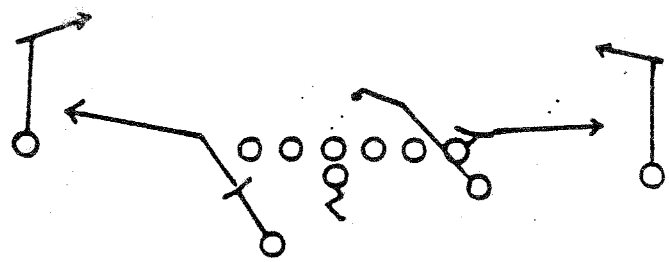
Firm "OH" 191
Firm "OH" 212 "R" Flat
Firm "OH" 222 Flat
"OH" 989 Over
"OH" 585 Over
"OH" 787 Wide
"OH" 787 Pump
"OH" 495 L/R
"OH" 989 Over
"OH" 97 Zero
"OH" Fake 97 Zero

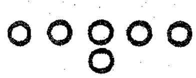


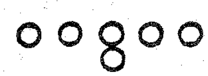
"OH" FIRM 212 "R" FLAT



"OH" FIRM 222 FLAT







FIRM 212 (191)

KEY COACHING POINTS

QB - Strongside read. Stay strong unless S/S is wide in box area; or by game plan; MOF open work verticle. stretch inside/out , or best release.

S.B. - 1 Route (2nd digit) or 9 on 191

W.B. - Aggressive, 1st linebacker inside not counting Mike - check down ,unless tagged

"X" - 2 Route, fade vs. Roll or (1) on 191

"Y" - #3 - Run tag

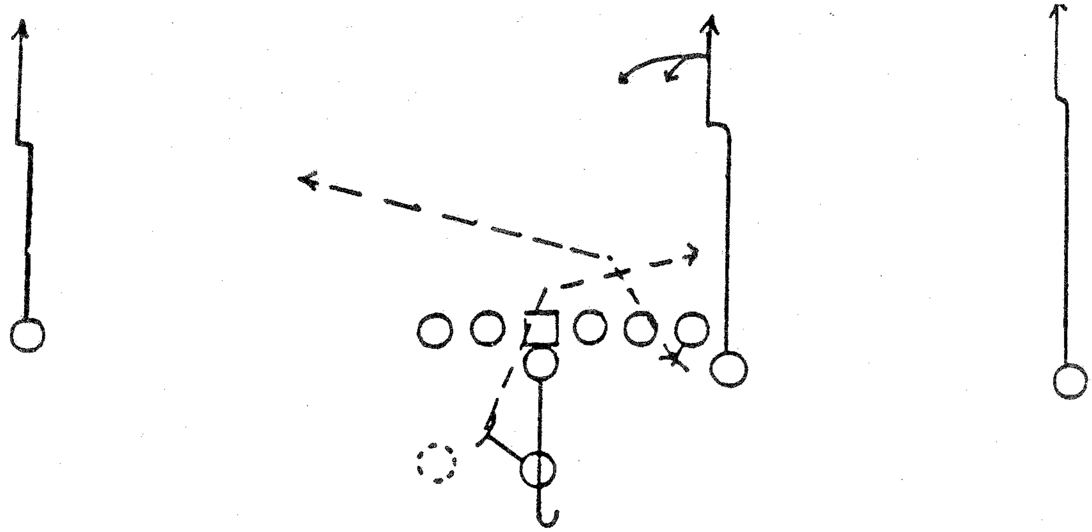
"Z" - 2 Route, fade vs. Roll or (1) on 191

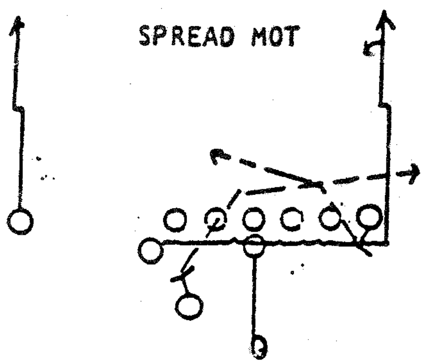
PROTECTION

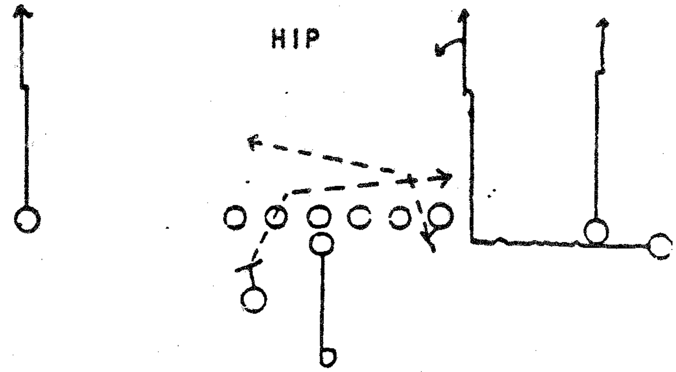
Firm OH's

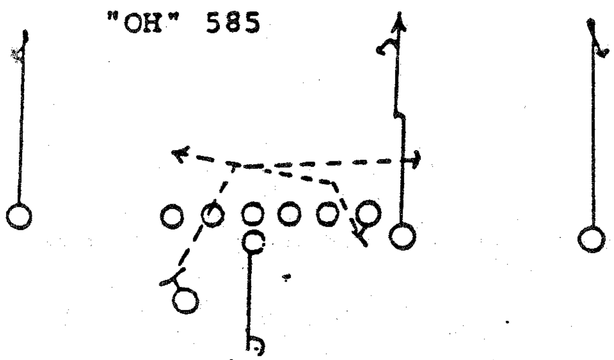
FORMATIONS

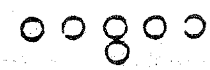
Trips
Split
Near











KEY COACHING POINTS

QB = Strongside read, MOF open work deep to short inside/out; MOF closed work deep/short outside/in. Backside by game plan or W/S blitz.

B(R)= 1st LB'er inside out, not counting Mike, run Sneak, alert for Rip/Liz

B(Y)= Check #3, cross, responsible for S/S Blitz

' = Read middle, vs. man w/middle close run like 4 route

Z = Routes called (9), normal split fade vs. press 9 route X - adjust vs. W/S Blitz

IOTE: Fly can help us vs. S/S Blitz; "O"s good vs. stunting teams

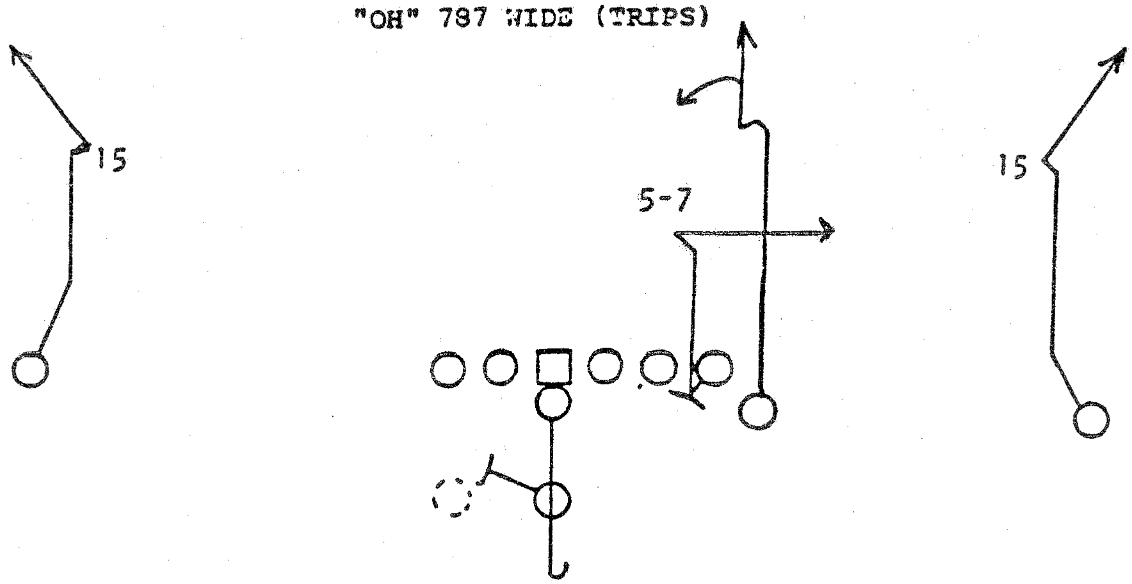
PROTECTION

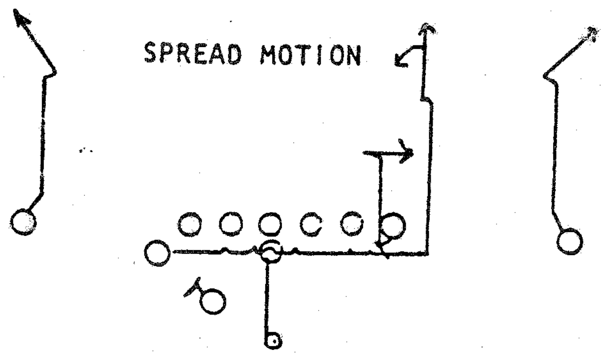
"OH's"

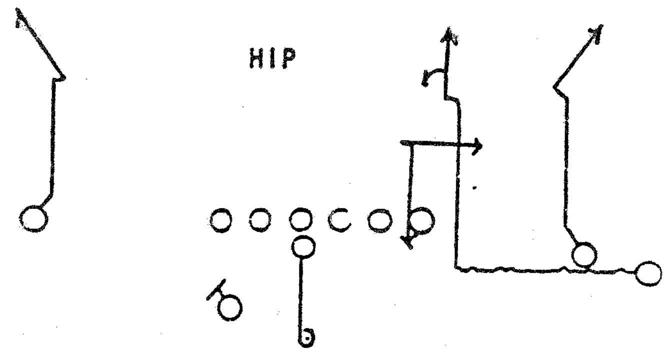
FORMATIONS

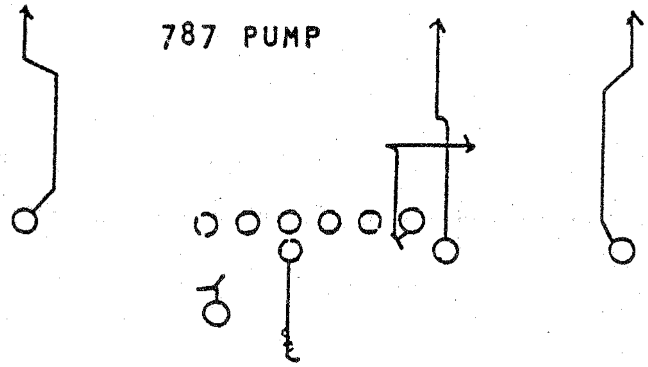
Trips
Trips Fake Whiz
Trips Zoom
Spread Motion
Hip
Trips Fly

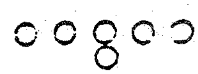
"OH" 787 WIDE (TRIPS)











KEY COACHING POINTS

QB = Strongside read, MOF open read deep to short inside/out; MOF closed read deep to short outside/in. Responsible with X for W/S.

PROTECTION

"OH's"

FORMATIONS

Same as 989

.B.(R)=1st LB'er inside out,not counting Mike.Max.

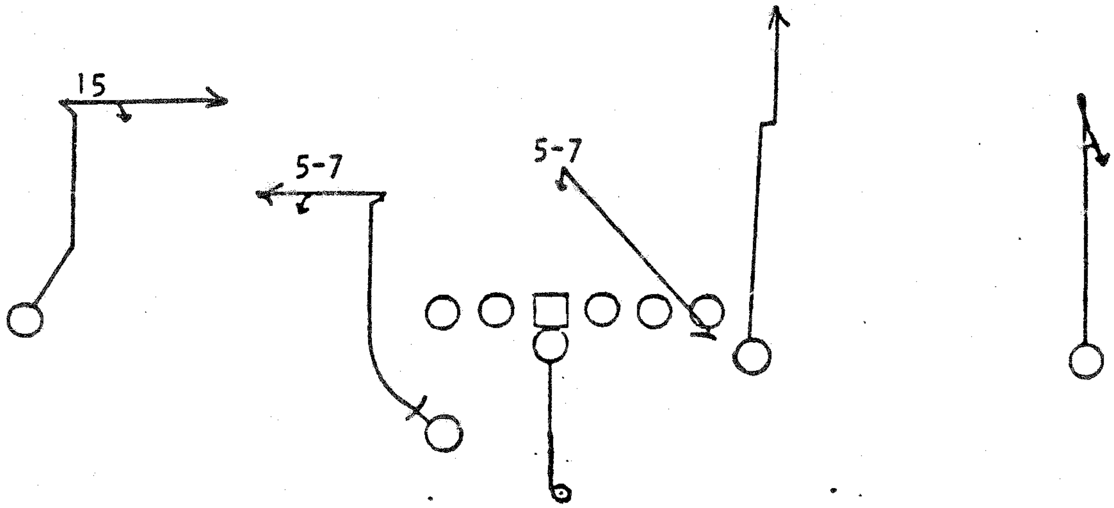
.(Y)=Prot.,. Call
Check #3 run wide, block S/S Blitz

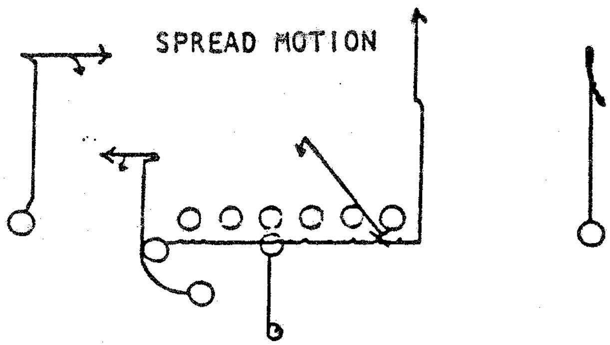
H =Read middle, vs. man w/middle closed run like 4 route

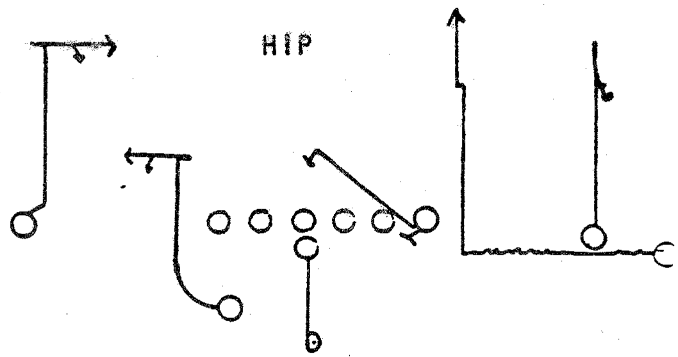
Z =Run route called (7) normal split

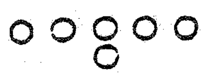
X =Run route called (7) normal split

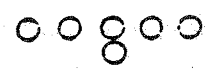
"OH" 495 LUCKY (TRIPS)











KEY COACHING POINTS

QB = Weakside read, stay weak unless W/S takes away the 4 route; read deep to short throw off underneath coverage.W/S weak work strong.Responsible with X for W/S.

R)= 1st LB'er inside out,not counting Mike, Run Lucky/ Ricky alert for Rip/Liz.

H = 9 route

(Y) = Check #3, leak, responsible for S/S blitz

X = 4 route - blitz adjust vs. W/S blitz

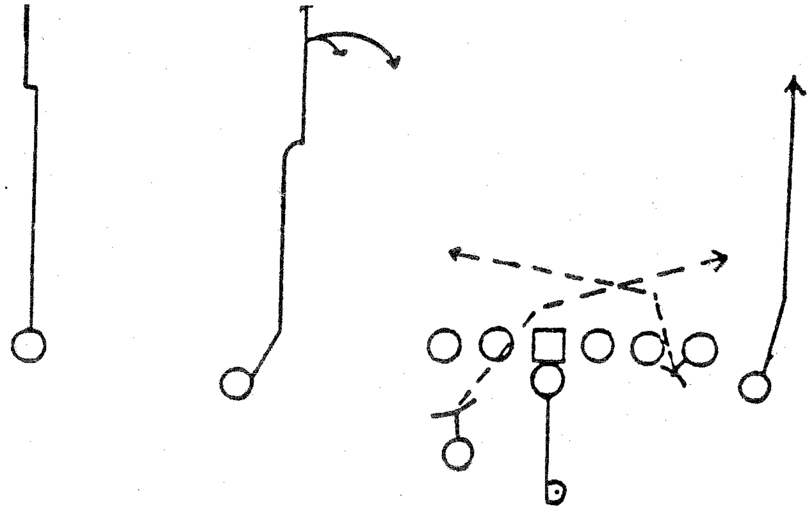
Z = Route called (5), fade vs. press

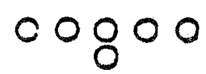
PROTECTION

"OH's"

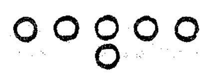
FORMATION

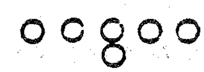
Same as 989











KEY COACHING POINTS

QB= Strongside read, MOF open read deep to short inside/out; MOF closed read deep/ short outside/in; responsible with Z for W/S.

(R)= 1st LB'er inside out, not counting Mike, run sneak; alert for Rip/Liz call

(Y)= Ck #3, over

H = Route called (9)

X = Route called (9)

Z = Route called (8), vs. man with middle closed your 8 can be run like a 4 route

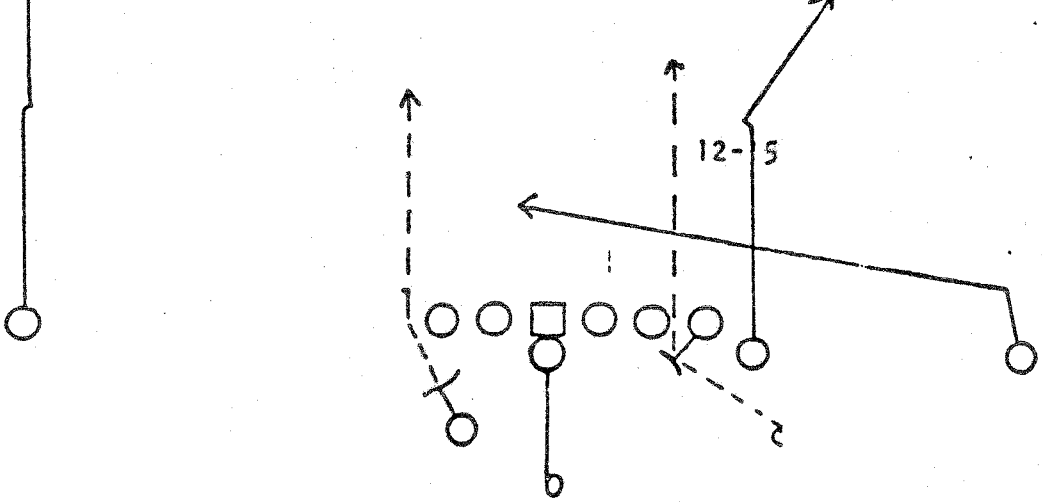
PROTECTION

"OH's"

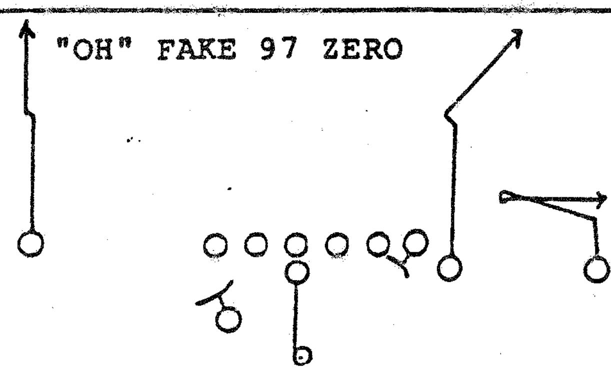
FORMATIONS

Trips Slot
Trips Slot Zip
Trips Slot Fake Whiz
Trips Slot Zoom
Spread Slot Jet

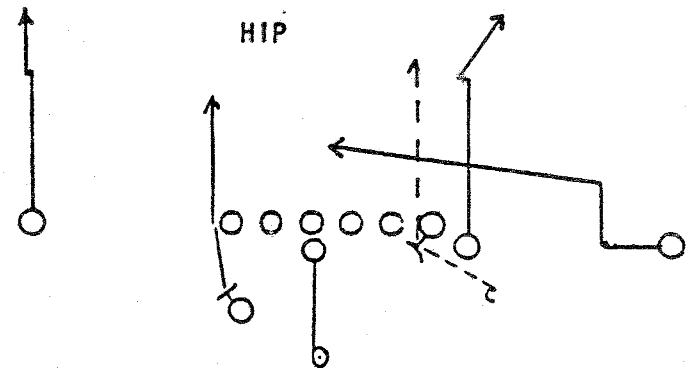
"OH" 97 ZERO (TRIPS)

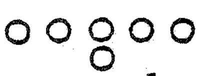


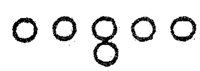
"OH" FAKE 97 ZERO



HIP







KEY COACHING POINTS

QB = Strongside read, deep to short read regardless of coverage, responsible with X for W/S.

(R)= 1st LB'er inside out, not counting Mike, run up CP. Butch technique, run swing alert Rip/Liz
= Ck #3, run up, unless delayed run Rose/Sally
= Route called (7)
= Route called (9)
Z = Route called, inside normal split, runaway 2 route

PROTECTION

"OH's"

FORMATIONS

Trips
Trips Fake Whiz
Spread Motion
Trips Zip
Trips Zoom
Trips Fly
—Hip

TABLE OF CONTENTS

(SCAT PASSING)

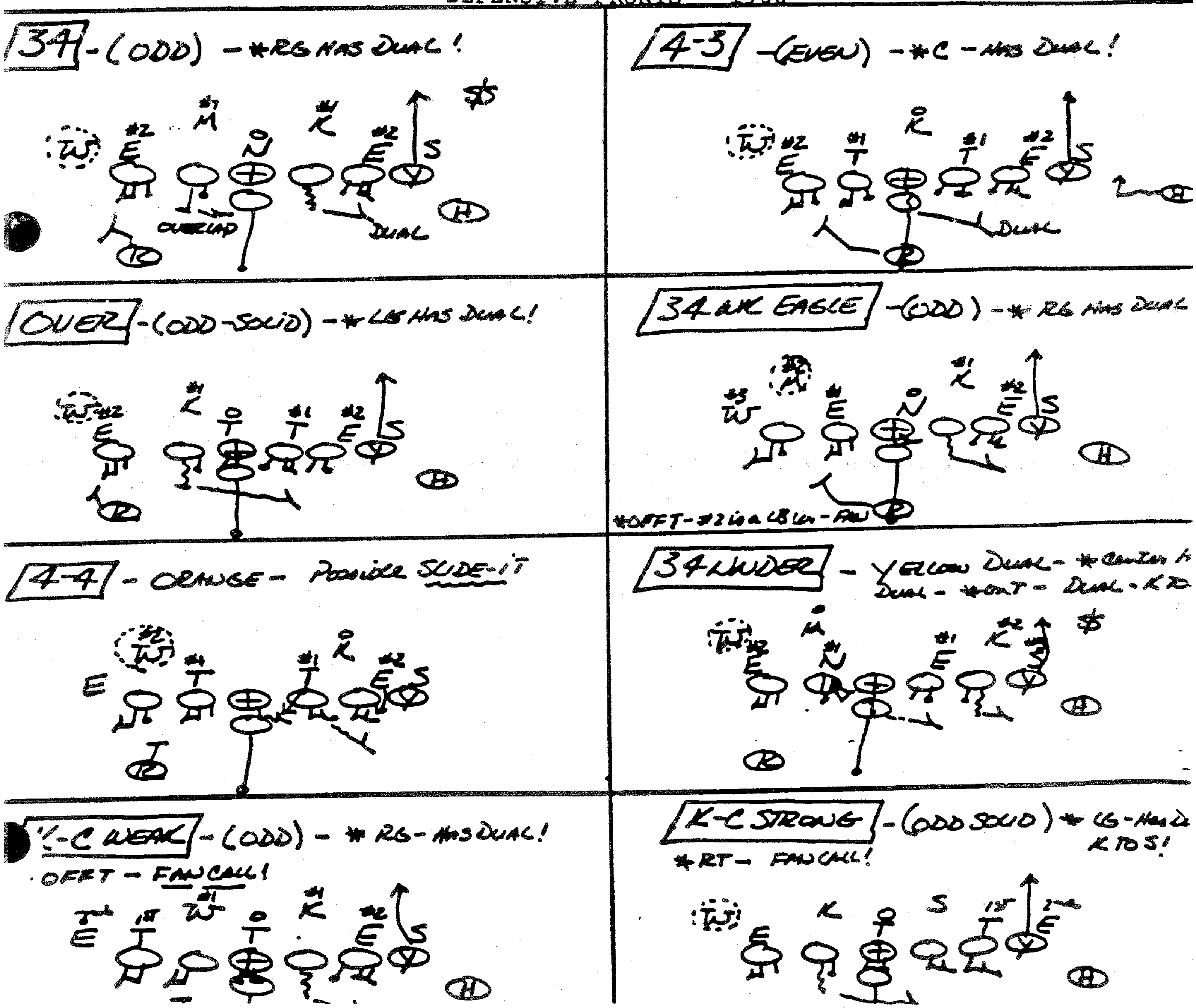
PASSING GAME

PROTECTION:

SCAT PROTECTION

This is a DROP BACK STYLE of pass protection that will always be run from some form of TRIPS FORMATION. TIGHT END will always be in the pattern and our "R-BACK" will have a blocking responsibility -- 1st linebacker or blitzer inside-out -- outside the center box! To handle the multiple looks we will see, our first uncovered lineman from the protection call side will have a DUAL READ responsibility. Our Quarterback will set directly behind the center-box and will use either a 5 or 7 step controlled drop.

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION:

SCAT PROTECTION

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the PROTECTION CALL SIDE - Example: SCAT RIGHT or SCAT LEFT. Versus a BLITZ SITUATION - "STUFF" them on or near the LOS - REASON -- QB may have to shorten his drop to either hit "Y" on a "POP" or "X" on the SIGHT ADJUSTMENT.

C MAN BLOCKING - "O" - (DROP BACK PROTECTION TECHNIQUE) - versus an Even Call - DUAL READ - linebacker over to protection call side (Mike to Sam).

CALLS TO BE ALERT FOR:

a) ODD or EVEN CALL - Your call - to determine the alignment of the defense and which onside lineman has the DUAL READ!

1) ODD - Covered by a down lineman!

2) EVEN - Covered by a linebacker!

b) ORANGE or YELLOW CALL - Your call - when uncovered - call to determine which side you are counting "O". ORANGE - to the Right; YELLOW - to the Left! Versus - 3 DOWN LINEMEN - make color call to the side the nose/tackle aligns. Versus - 4 DOWN LINEMEN - make the color call to the side that "Mike" aligns. If the "MIKE" has been substituted for such as in 3rd down looks (NICKEL; DIME; or QUARTER LOOKS) make the call to the PROTECTION CALL SIDE!

c) SLIDE-IT CALL - AREA BLOCKING - will only be called by the onside guard after an ORANGE or YELLOW CALL. Set to block the defender aligned on the onside guard - be prepared t handle a T-T TWIST - as you set, if the defender aligned on the onside guard LOOPS backside - ROCK back towards offside guard and make a SWITCH CALL!

d) ODD SOLID - Your call - if covered by a down lineman and onside guard is covered by a down lineman -- call is to alert OFFSIDE GUARD to DUAL READ - linebacker over to protection call side. NOTE: Vs a K-C STRONG (4 down linemen) and onside tackle makes a FAN CALL - make an ODD SOLID CALL to alert off-guard to DUAL!

e) SLIDE RT or SLIDE LT - 4 MAN SLIDE from offside guard to onside tackle-AREA BLOCKING. SLIDE RT-means to slide right SLIDE LEFT-means to slide left! Your call if covered by a down lineman and onside guard and tackle covered by down linemen and linebacker stacked in general area onside. Always make the call to PROTECTION CALL SIDE!

ON G — MAN BLOCKING - #1 - (DROP BACK PROTECTION TECHNIQUE) - Versus an odd call - DUAL READ - linebacker over to protection call side (Mike to Sam).

CALLS TO BE ALERT FOR:

a) EVEN CALL - Set inside to block #1 - unless he is aligned in a loose 3 technique. Be prepared to handle a T-T TWIST - as you set, if the defender aligned on you LOOPS backside - keep sliding flat to inside and make a SWITCH CALL to offside guard and switch off!

b) SLIDE-IT CALL - Your call - in conjunction with an ORANGE or YELLOW CALL by center - AREA BLOCKING! If the call is your side and the linebacker or 1st blitzer is aligned on or outside of you - make a SLIDE-IT CALL - open out and slightly back on your set - block any defender that rushes thru your "nose" to the protection call side. No one coming into your area -- overlap back inside towards the center-box!

c) JOKER CALL - Call made by the onside tackle in conjunction with a SLIDE-IT CALL. The tackle is telling you that he will block the defensive end and for you to slide outside for the widest rusher!

d) SLIDE RT or SLIDE LT - 4 MAN SLIDE from offside guard to onside tackle-AREA BLOCKING. SLIDE RT - means to slide righ SLIDE LT - means to slide left! Open out and slightly back on your set-block any defender that rushes thru your "AREA" to the protection call side!

e) FAN CALL - If onside tackle makes FAN CALL - set to block the defender aligned on the tackle! Use a WIDE RUSH SET!

ON T — MAN BLOCKING - #2 - (DROP BACK PROTECTION TECHNIQUE). If #2 is a linebacker - DUAL READ - set accordingly and block most dangerous rusher. NOTE: If covered by a linebacker and a RUSH END is aligned on our tight end -- set to block the rush end!

CALLS TO BE ALERT FOR:

a) SLIDE-IT CALL - AREA BLOCKING - open out to block the widest rusher on the LOS - block any defender that rushes thru your outside eye or shoulder to the PROTECTION CALL SIDE!

b) JOKER CALL - Your call - in conjunction with a SLIDE-IT CALL. If there is a wide rush end and another defender aligned outside on LOS, make a JOKER CALL to the guard and set to block the WIDE RUSH END all the

c) SLIDE RT or SLIDE LT - 4 MAN SLIDE from offside guard to onside tackle-AREA BLOCKING. Set to block the defensive end - if he loops inside look to block the widest rusher-- if no wide rusher - overlap back inside!

d) FAN CALL - Your call - if covered by a down lineman and rush-end aligned on tight end (K-C LOOK) - make FAN CALL - set accordingly to block the wide-rush end!

OFF G MAN BLOCKING - #1 -(DROP BACK PROTECTION TECHNIQUE) - odd call - set approximately 1 to 1½ yards deep toward the protection call side (OVER LAP TECHNIQUE) - read the linebacker -- if he drops - look to help the center or pick up the TRASH. NOTE: If covered by a down lineman and linebacker walks up or threatens the center-guard gap (1 GAP) - set inside and block the linebacker.

CALLS TO BE ALERT FOR:

a) ODD-SOLID - Center is telling you to DUAL READ (Mike to Sam). If linebacker slides towards protection call side or stacks over the center - make SWITCH CALL to center - set accordingly and block the defender aligned on center (NOSE/TACKLE).

b) SLIDE RT or SLIDE LT - 4 MAN SLIDE from offside guard to onside tackle-AREA BLOCKING. SLIDE RT-means to slide right SLIDE LT-means to slide left! Use a lateral set to block the defender aligned on the center. If his hip goes away, be alert for someone twisting or blitzing back into your area!

c) FAN CALL - If offside tackle makes FAN CALL - set to block the defender aligned on the tackle. Use a WIDE RUSH SET!

OFF T MAN BLOCKING - #2 -(DROP BACK PROTECTION TECHNIQUE) - NOTE: If #2 is a linebacker - FAN - 2nd man on LOS or the next defender to outside. (34 Weak Eagle or Under Look).

CALLS TO BE ALERT FOR:

a) FAN CALL - Your call - if covered by a down lineman and rush-end aligned outside (K-C LOOK)- Make FAN CALL- set accordingly to block the wide-rush end!

"Y" Run Pattern Called!

"R-BACK" This is a man protection scheme and "R" is responsible for the first "Blitzer" from inside-out, not counting the "Mike" linebacker. If your man does not rush the passer, scan from inside-out for any free (unblocked) opponent and block them. After checking your primary and secondary protection responsibilities, proceed with your pass pattern (if called) responsibility. Example: Vs. a normal 4-3 front: "R" is responsible for the weakside linebacker. Vs. a normal 3-4 front, "R" is responsible for teb weakside linebacker. NOTE: We designate both inside linebackers in a 3-4 front as "Mike".

a) OVERLOAD - If your protection responsibility vacates his position and goes over to the strongside of the formation, you must go across and block the first blitzer outside of the offensive tackle. If your responsibility vacates his position and takes up a coverage position in the secondary, you are free to proceed with your pass pattern.

b) SLIDE RT or SLIDE LT - A call made by the center alerting the back to take the first blitzer from the "guard area" to the outside.

c) ROBERT/LARRY - When coordinated with an Orange or Yellow (Orange = Robert and Yellow = Larry), the "R" will block the "second" blitzer from inside-out.

If the center's orange or yellow call isn't coordinated with the huddle call (Robert/Larry), "R" will be responsible for his normal protection rules.

d) FAN CALL - Call made by offensive tackle alerting the adjacent guard and "R" back that he and the guard will be area blocking to their outside. The "R" back will then be responsible for the linebacker over the guard area.

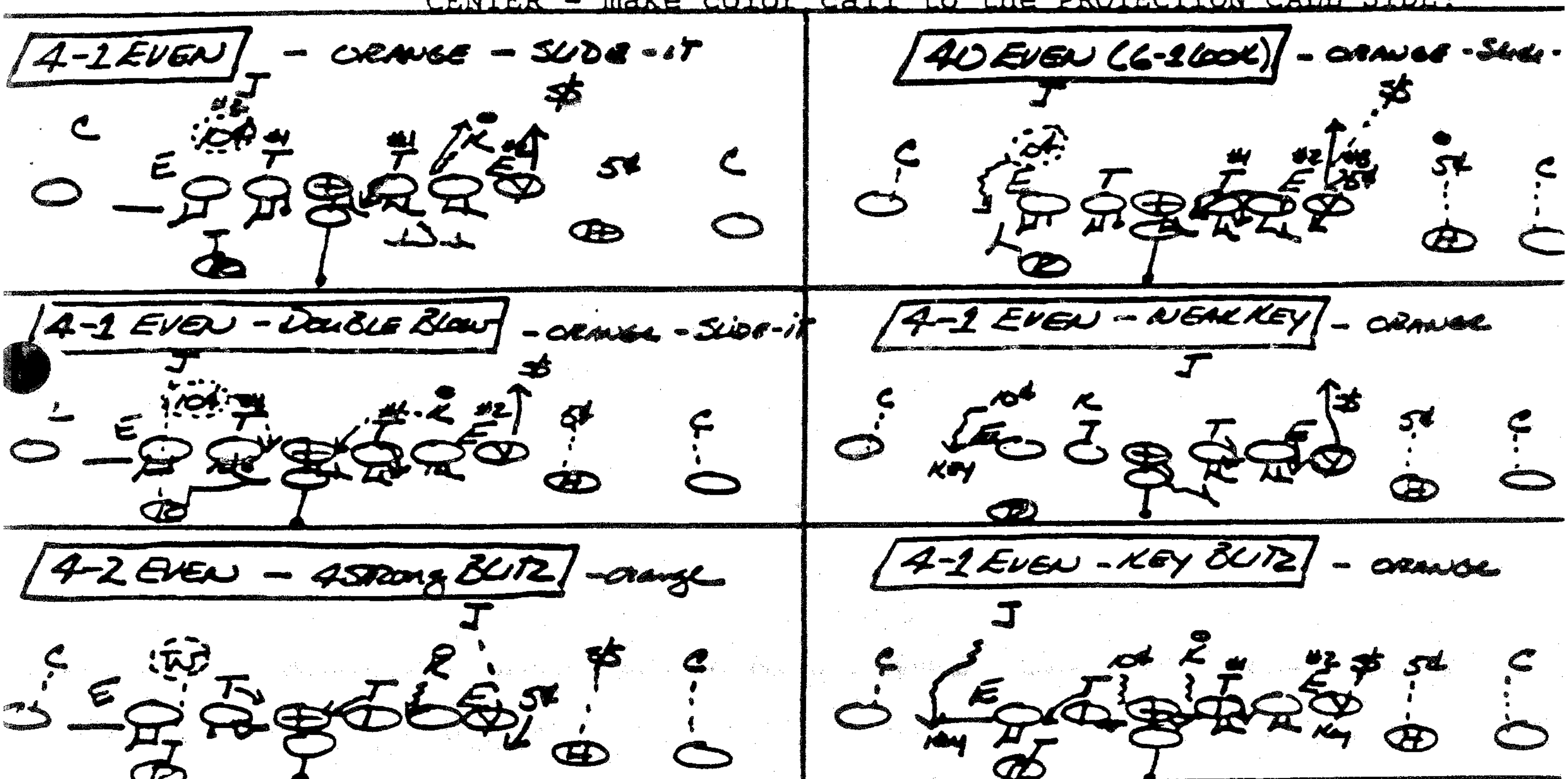
"H" BACK Run Pattern Called!

SPECIAL SITUATIONS - 3RD AND MEDIUM TO LONG

(SCAT PROTECTION VS NICKEL; DIME; QUARTER LOOKS)

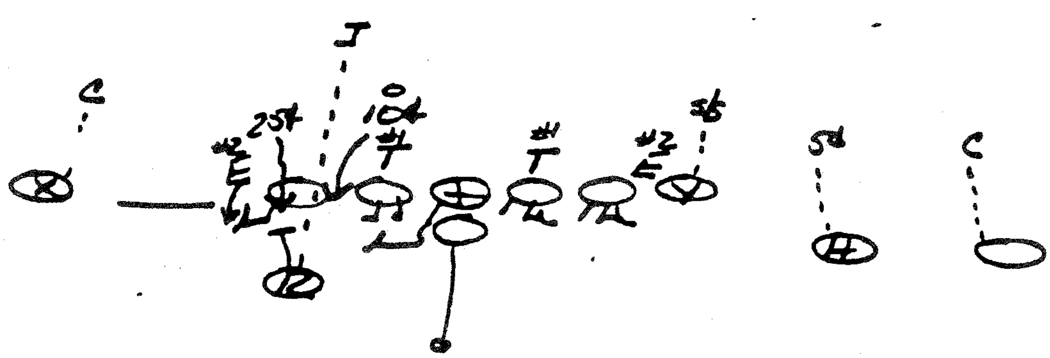
Most teams in the NFL substitute personnel when it is a definite passing situation. Most will bring in one (1) down lineman and then substitute defensive backs for linebackers. If it is a definite passing situation (2nd and long); 3rd and medium (3 to 6 yards); or 3rd and long (+6 or more) our center will alert the offensive line to remain in a PRE-SET position with a RACE HORSE CALL. Whether they have NICKEL (2 linebackers in game); DIME (1 linebacker in game); or QUARTER (no linebackers in game) personnel in the game will not affect how we make our calls!

a) EVEN LOOKS - 4 DOWN PERSONNNEL -(Nickel; Dime; Quarter). CENTER - make color call to the PROTECTION CALL SIDE!

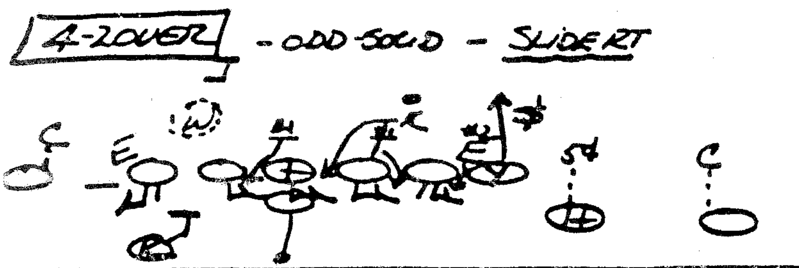


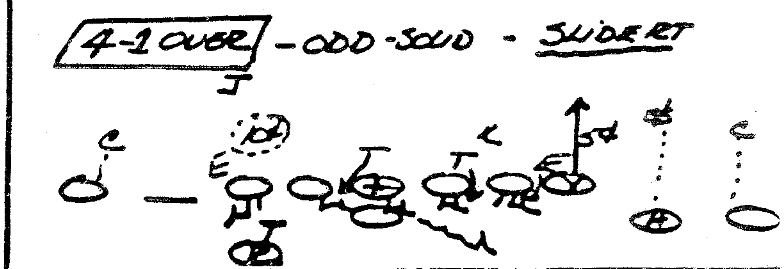
Can game plan a Four Weak Blitz by having the center make a ORANGE or YELLOW DUAL to the side that the two linebackers or blitzers align. This puts the guards and tackles in a MAN BLOCKING SITUATION and there can be NO SLIDE-IT CALL!

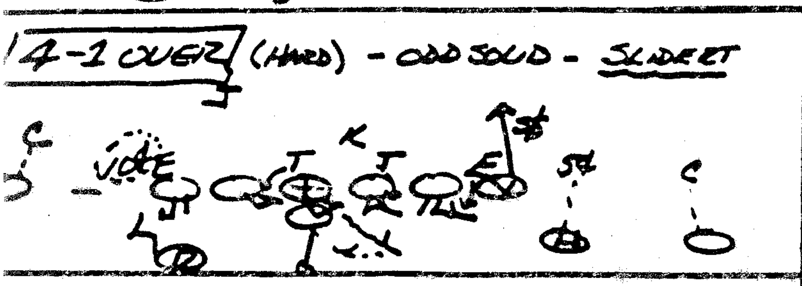
EXAMPLE: YELLOW DUAL CALL BY CENTER

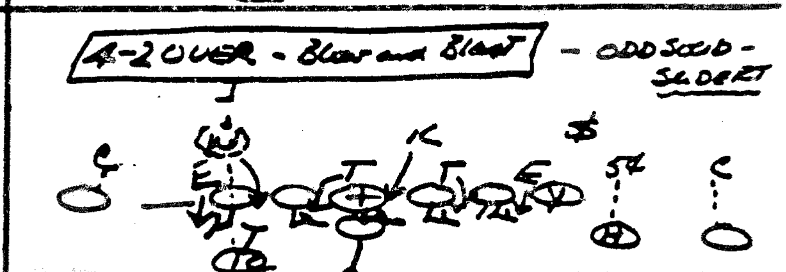


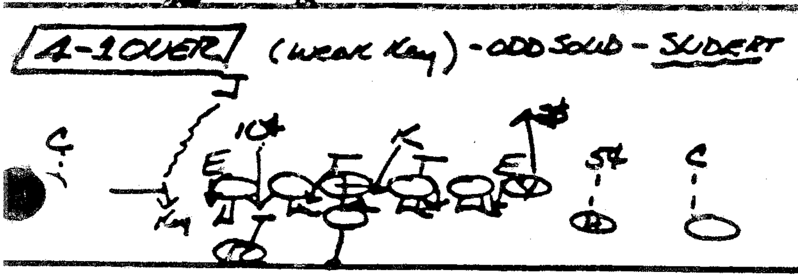
b) OVER LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - make an ODD SOLID with a SLIDE RT or SLIDE LT CALL - when covered by a down lineman and onside guard and tackle covered by down linemen and BLITZER stacked in general area onside!

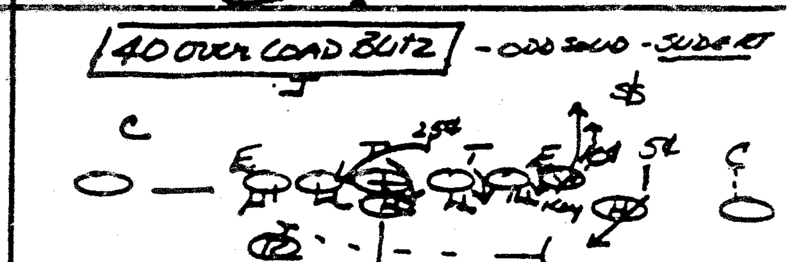




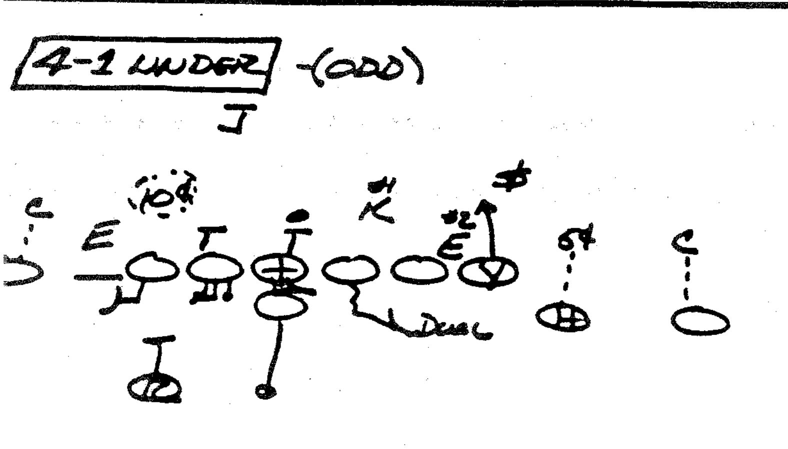


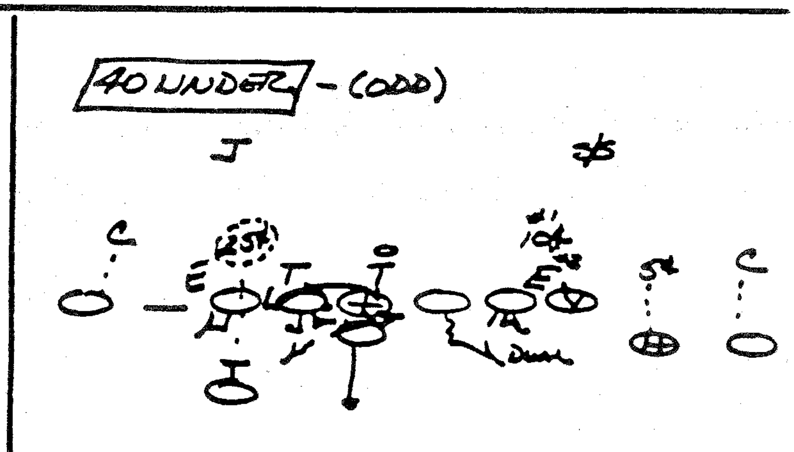


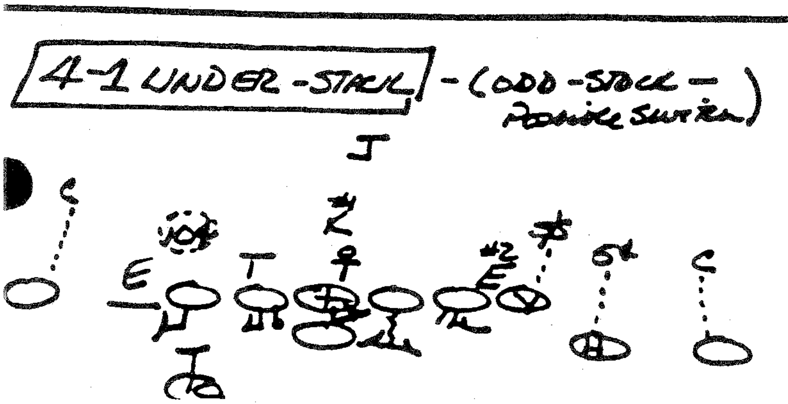


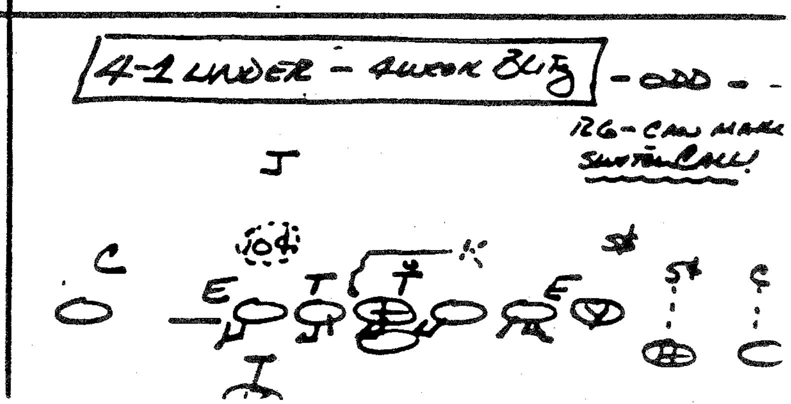


c) UNDER LOOKS - 4 DOWN PERSONNEL -(Nickel; Dime; Quarter). CENTER - make ODD or ODD STACK CALL - ONSIDE GUARD has the DUAL READ!

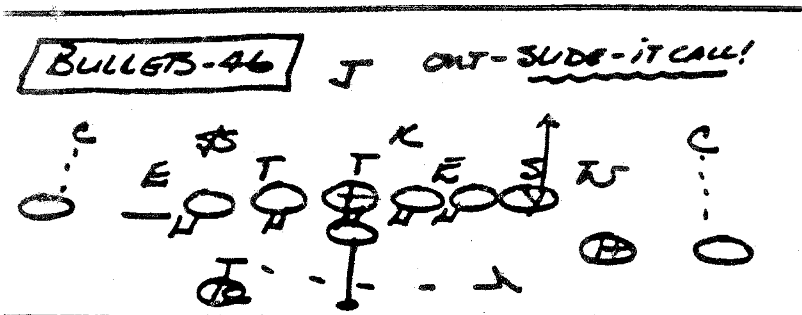


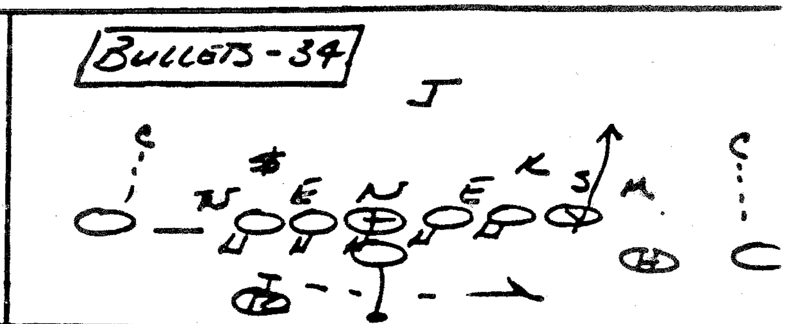


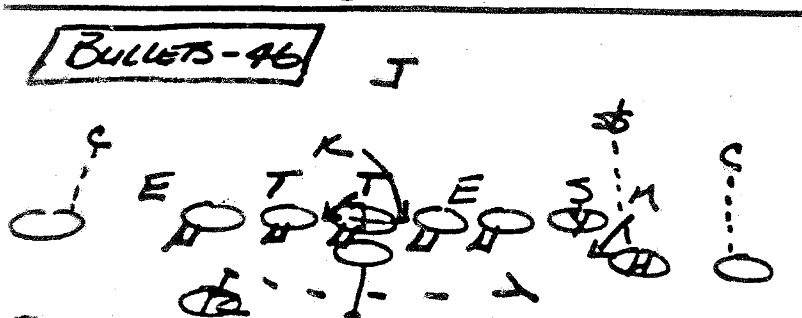




d) BASTARD LOOKS - 3 or 4 DOWN PERSONNEL - These looks require special blocking and the CENTER will alert the team by making a BULLETS CALL. When this call is made, the ONSIDE TACKLE will make a SLIDE-IT CALL and the offensive line will slide away from the protection call side! "R-BACK" will check man in hole - if he does not blitz -- work to the call side!





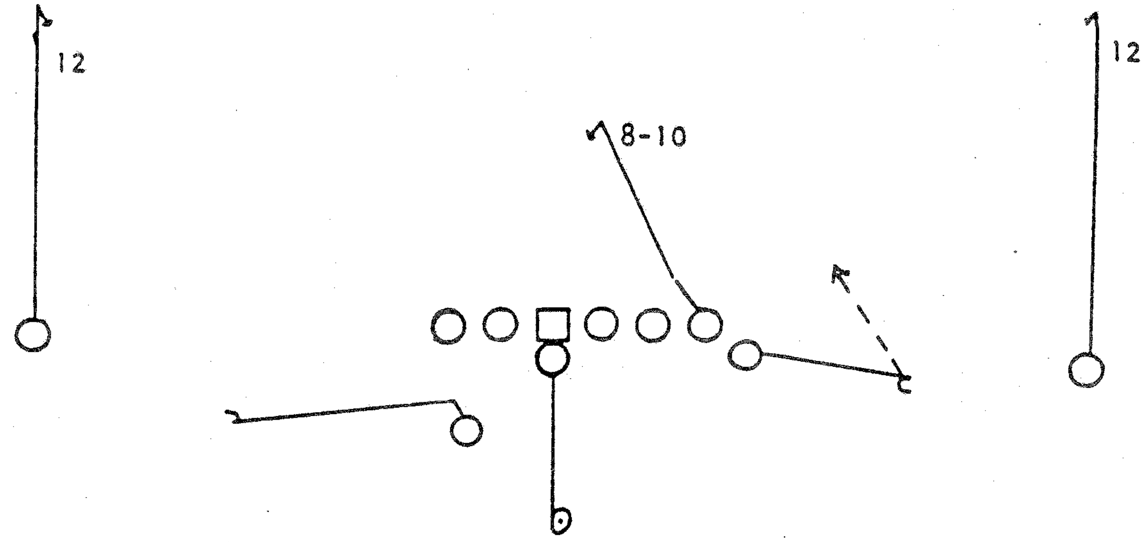


PASS OFFENSE

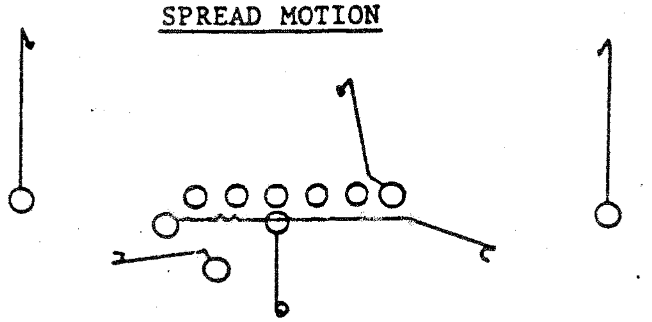
SCATS

66 S/R
864 Wide
854 "H" Choice
835 "H" Delay
989 Over
787 Wide
787 Pump
868
812
817
718 "R" Choice
399 Sideline
392 Sideline
392 Shoot
372 Sideline
382 Sideline
855 Double Delay "H" Corner
15 Up "Y" Hide
35 "H" Delay
55 Up "Y" Delay
95 "H" Hide
35 "R" Delay
95 "R" Hide
3 "H" Flair
3 "H" Delay
3 "R" Choice
7 "R" Choice
3 "R" Delay
3 "R" Flair

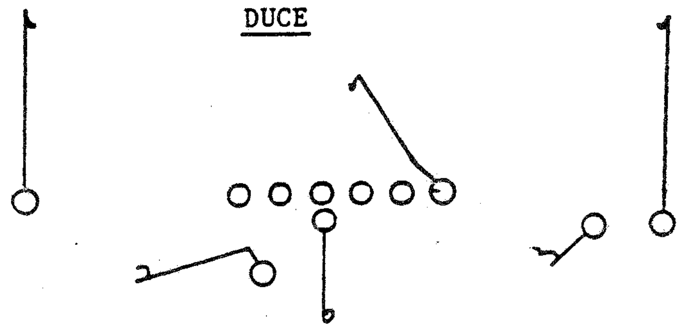
SCAT RIGHT 66 S/R (TRIPS)



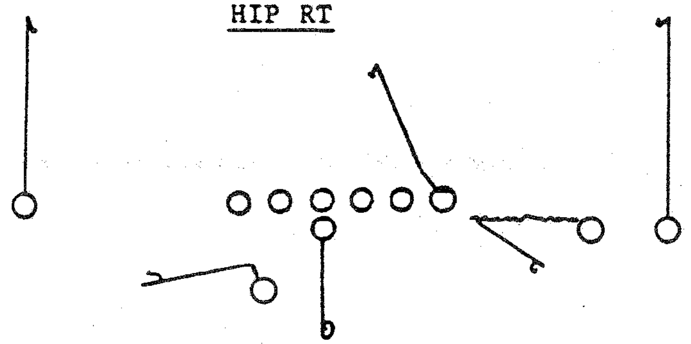
SPREAD MOTION

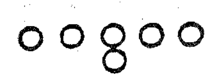


DUCE



HIP RT





KEY COACHING POINTS

QB= Read strongside, deep to short outside/in off underneath coverage; no underneath coverage work downfield. Responsible with X for W/S.

(R) = 1st LB'er inside out not counting Mike, run Sally/Rose

(H) =- on number 5 yards deep runaway vs. man

"Y" - look for Pop, then run route (6) can pivot vs. man

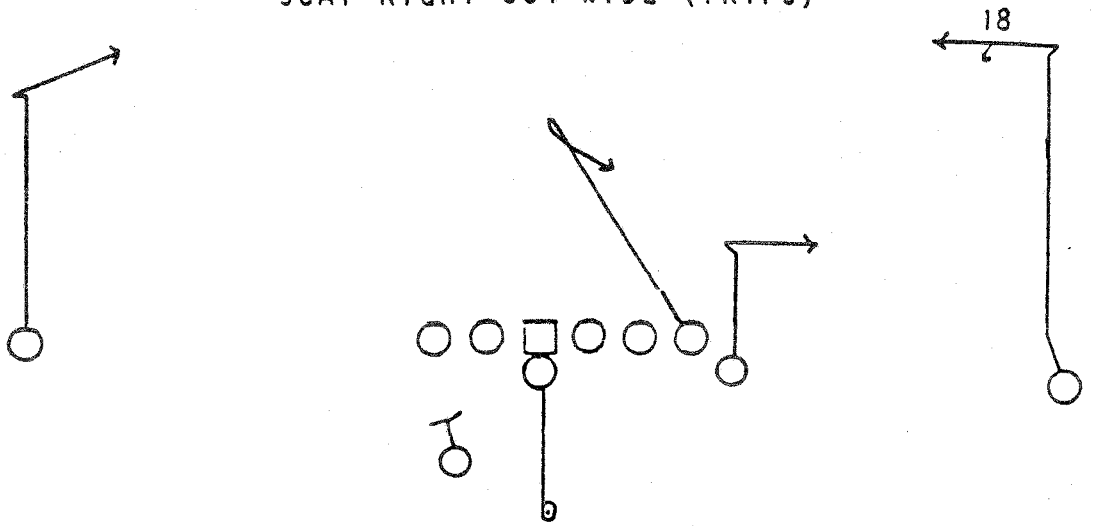
X & Z - (6) Fade vs. press or roll, wide splits

PROTECTION

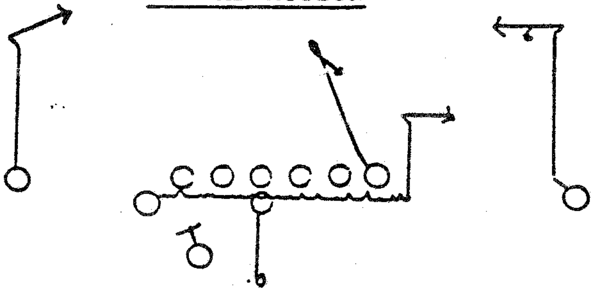
Scat

FORMATIONS

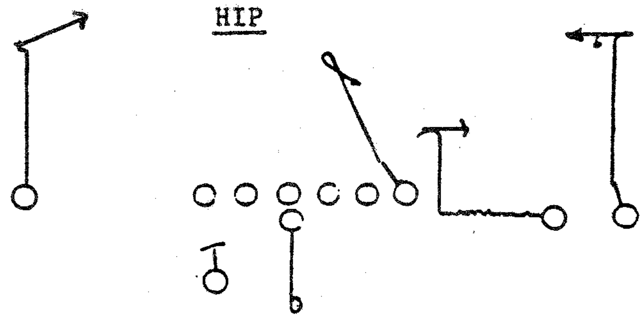
1. Trips (Fly)
2. Spread Motion
3. Spread Lg. Motion
4. Duce (Fly)
5. Trips Fake Whiz
6. Trips Motion Out
7. Trips Zoom
8. Hip



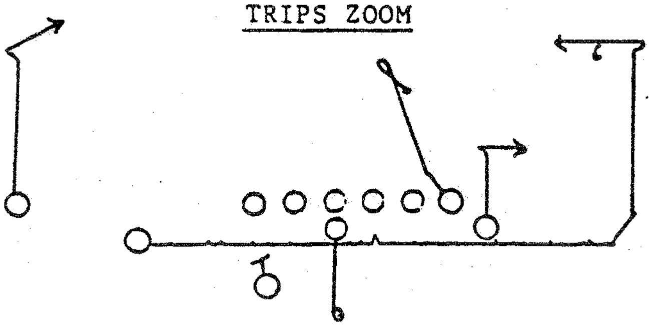
SPREAD MOTION



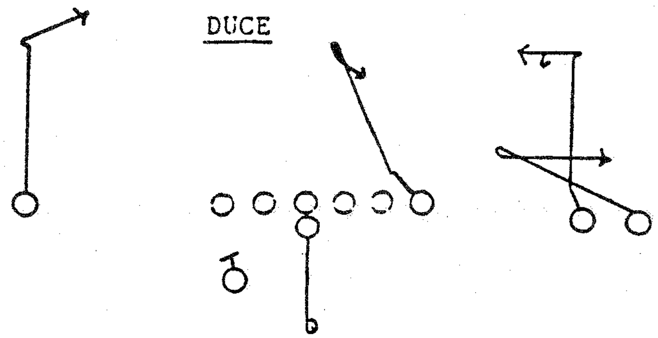
HIP



TRIPS ZOOM



DUCE



KEY COACHING POINTS

QB-Read strongside, MOF closed work outside/
in throw off underneath coverage; MOF
open work inside/out throw off underneath
coverage. X by game plan or W/S blitz.

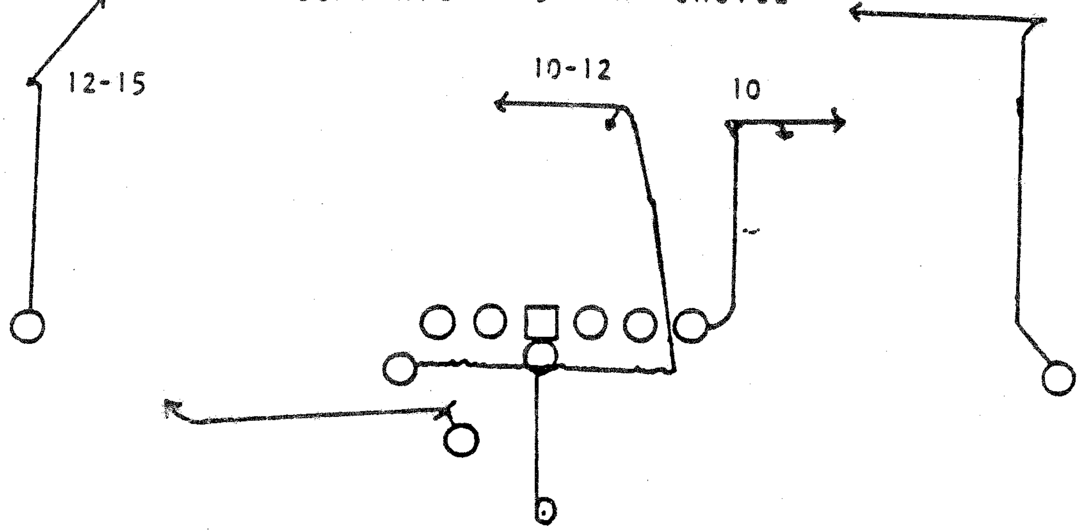
W.B.(R)- 1st LB'er inside out not counting Mike, search
[illegible].B.(H)- wide 5-7 yards deep
"Y" - Check Pop, run 6 route 8 to 10 yds.
"Z" - 4 route at 18 - split beyond normal
"X" - Blitz adjust vs. safety blitz (8 route)
C.P. if safety is out of the middle
run blitz adjustment. (scat only)

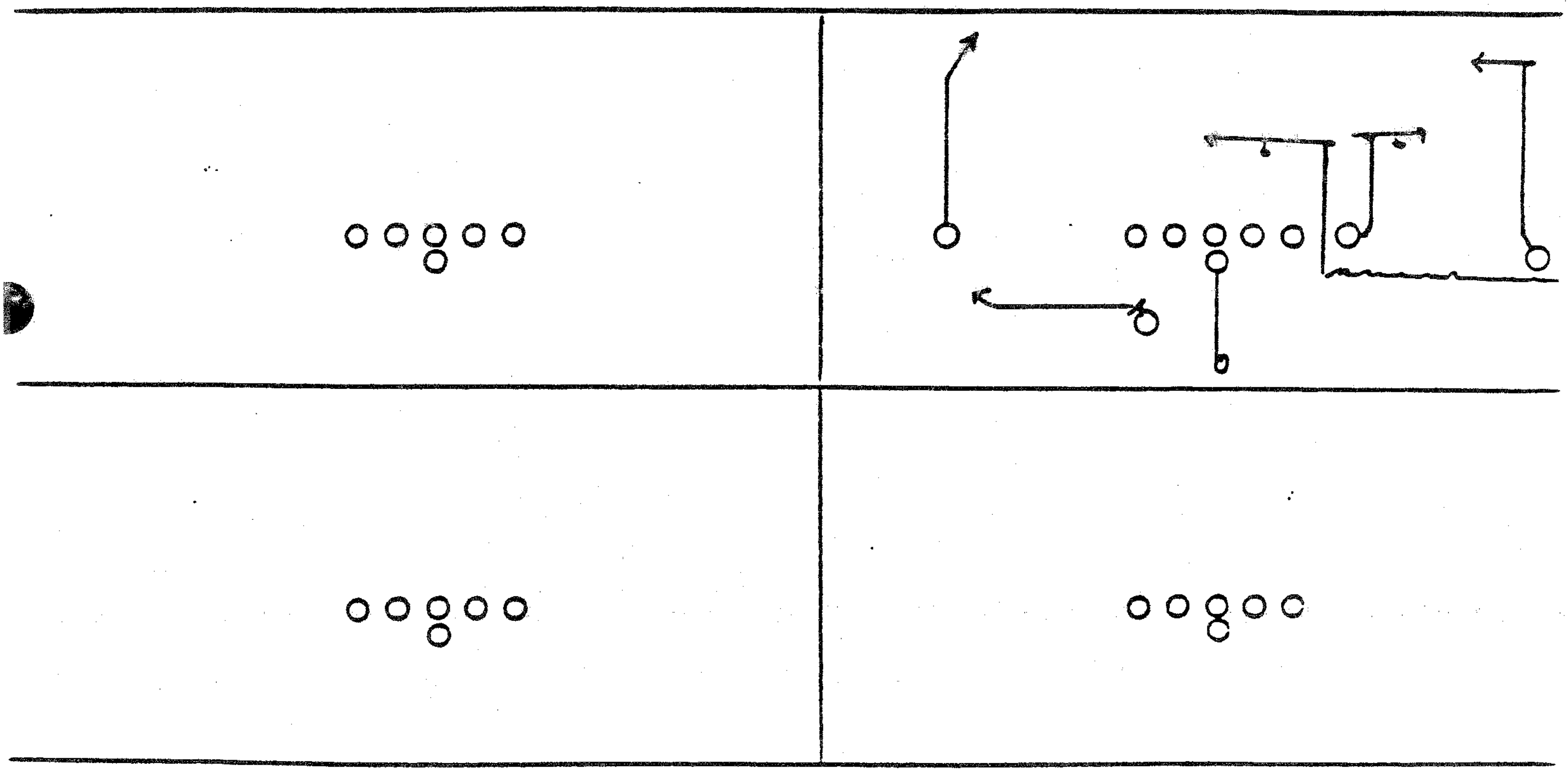
PROTECTION
Scat

FORMATIONS

1. Trips
2. Trips Fake Whiz
3. Hip
4. Spread Motion
5. Duce
6. Trips Fly
7. Trips Zoom
8. Trips Fake Zoom
9. Duce Fly

SCAT RIGHT 854 "H" CHOICE





KEY COACHING POINTS

QB - Read strongside, MOF closed work outside/in and throw off underneath coverage;MOF open work inside/out throw off underneath coverage. X by game plan or W/S blitz.

W.B.(R) - 1st LB'er inside out not counting Mike,Run Swing

S.B.(H) - choice route , check Pop

"Y" - outside release 5 route

"X" - 8, fade vs. press
Blitz adjust vs. W/S blitz (middle open)

"Z" - 4 route

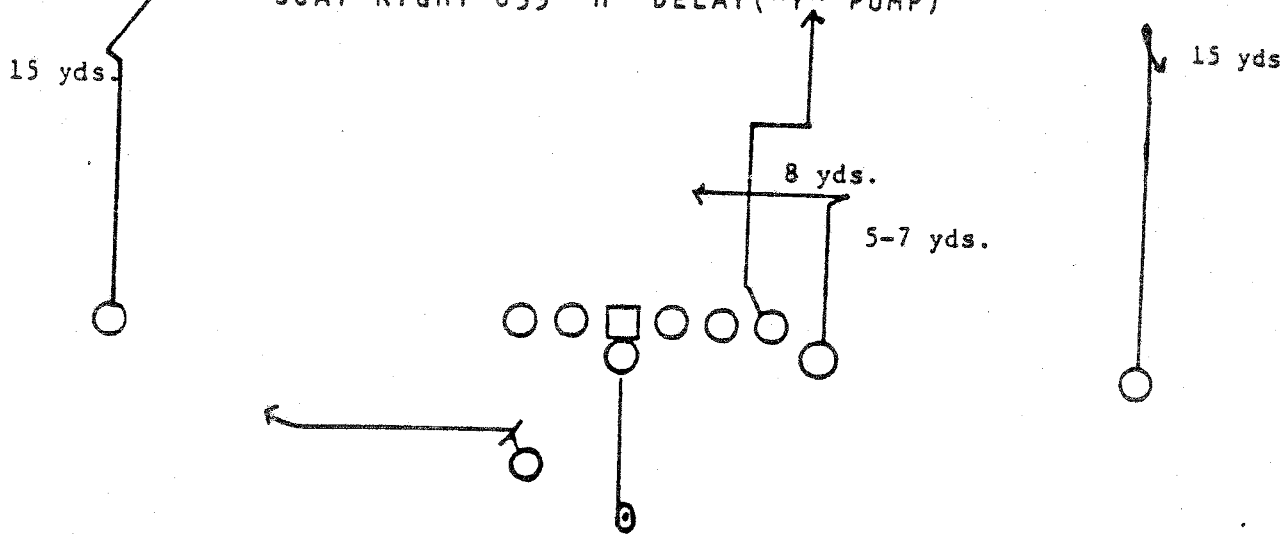
PROTECTION

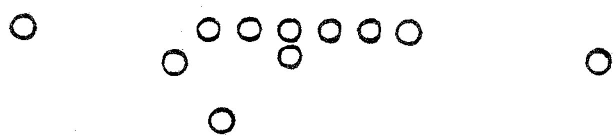
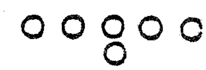
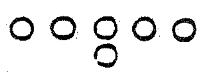
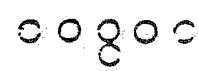
Scat

FORMATIONS

1. Spread Motion
2. Trips Fake Whiz
3. Trips
4. Hip

SCAT RIGHT 835 "H" DELAY("Y" PUMP)



SPREAD MOTION	HIP
	
	

KEY COACHING POINTS

QB- Strongside progression, MOF closed work outside/in, throw off underneath coverage; MOF open work inside/out deep to short; X by game plan or W/S blitz.

W.B.(R) - 1st LB'er inside out not counting Mike,Swing

S.B.(H) - Run Delay 5 to 7 yds. deep

"X" - Flat 8 (Fade vs. Press) adjust if middle open ,or W/S Blitz

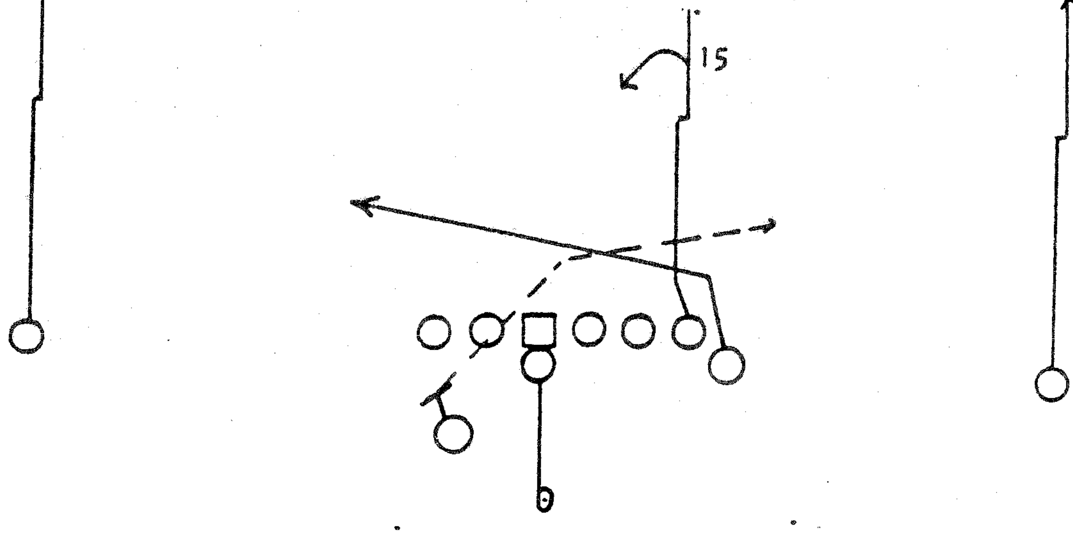
"Z" - 5 route, Fade vs. Press

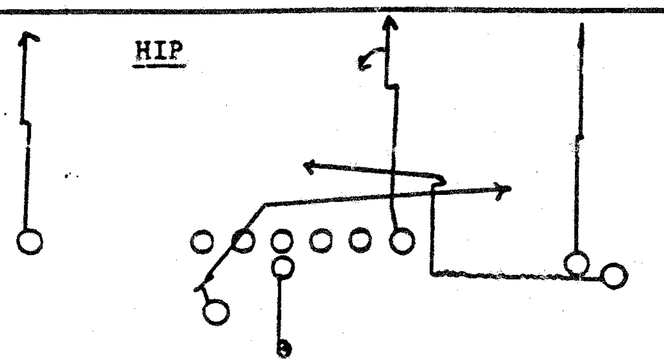
"Y" - Check Pop, run Pump

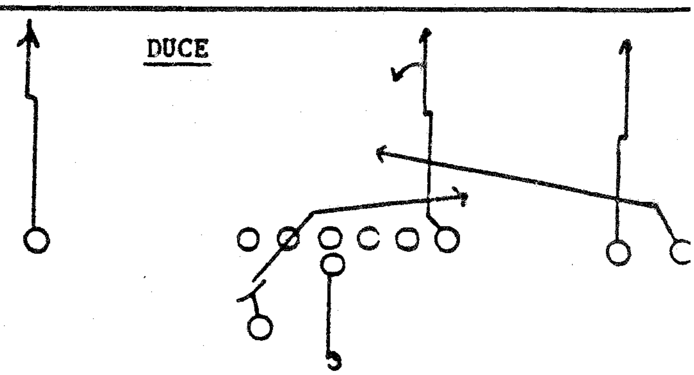
PROTECTION
Scat

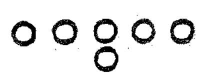
FORMATIONS
1. Trips
2. Trips F. Whiz
3. Spear
4. Spread Motion
5. Hip
6. Trips Zoom

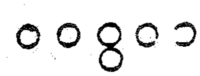
SCAT RIGHT 989 OVER (TRIPS)











KEY COACHING POINTS

QB - Strongside progression, MOF closed read outside/in, throw off underneath coverage; MOF open read inside/out deep to short; X by game plan or W/S blitz.

W.B.(R) - 1st LB'er inside out not counting Mike, be alert for Rip or Liz call, run sneak.

S.B.(H) - Over

"Y" - Pop then read middle (8), can run 4 route vs. man with middle closed.

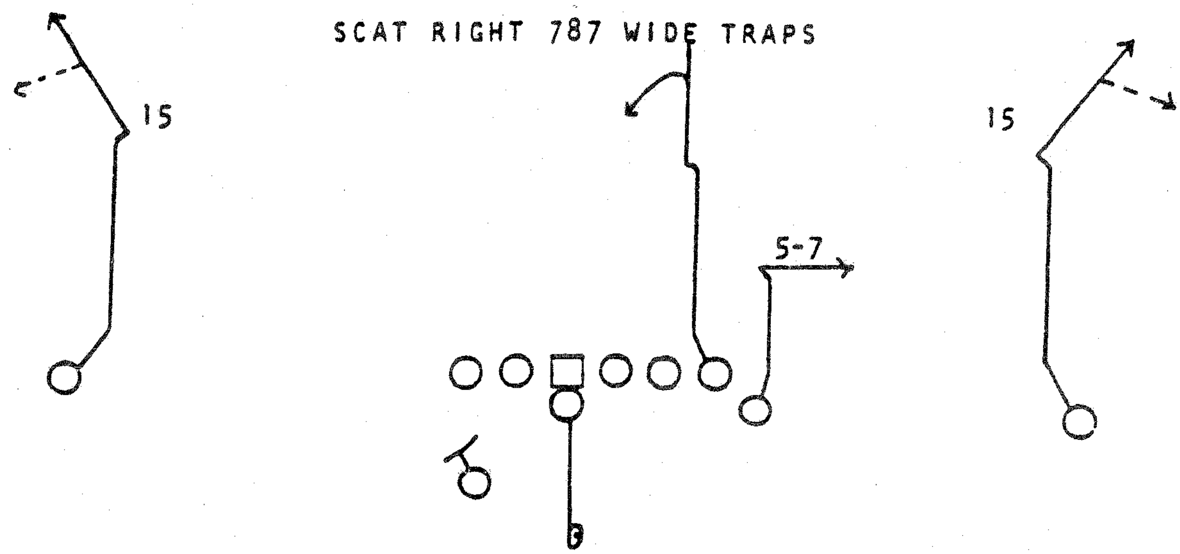
X - blitz adjust vs. W/S blitz (middle open)

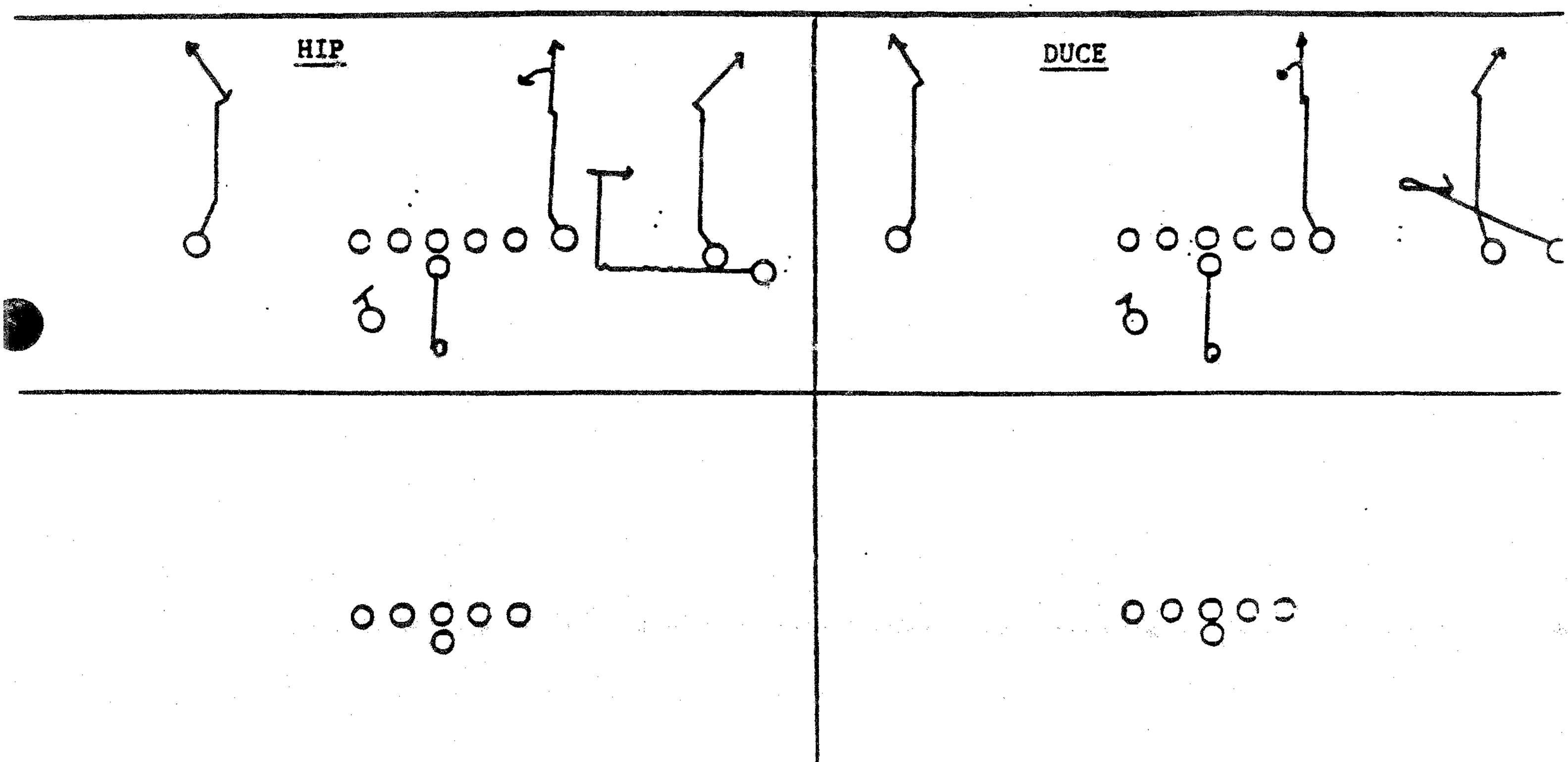
X & Z - route called (9), normal split.

PROTECTION
Scat

FORMATIONS

1. Trips
2. Trips Fake Whiz
3. Hip
4. Spread Motion
5. Trips Fly
6. Trips Zoom
7. Trips Fake Zoom
8. Duce





KEY COACHING POINTS

QB- Strongside progression, MOF closed read outside/in throw off underneath coverage; MOF open work inside/out from deep to short. Responsible with X for W/S.

W.B.(R) _ 1st LB'er inside out not counting Mike, (search)

S.B.(H) - Free release. (wide route)

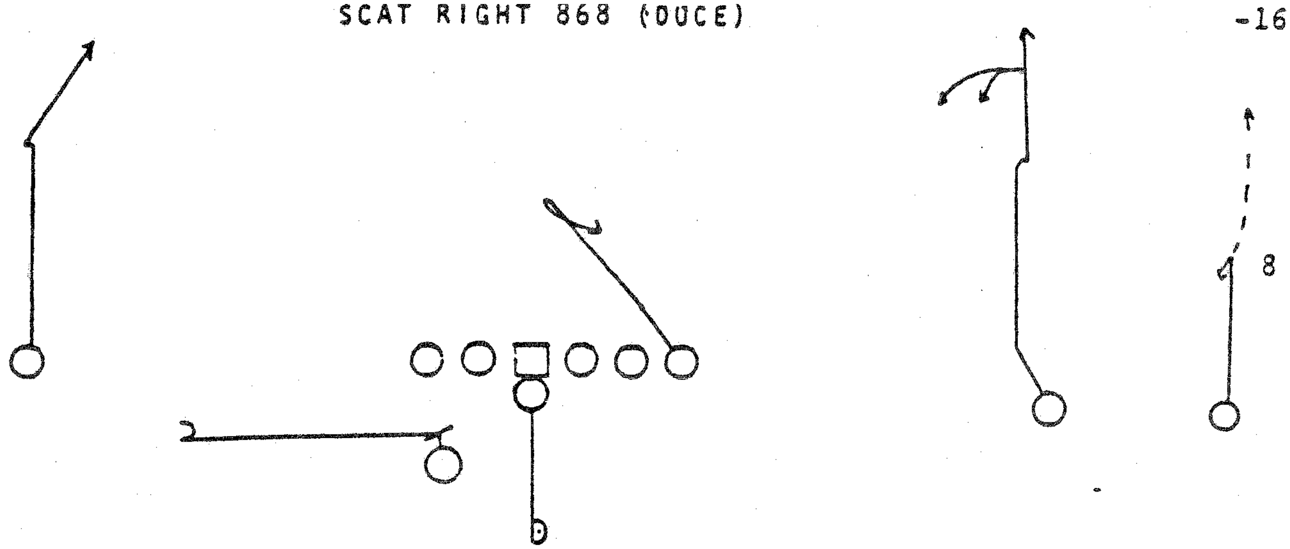
"Y" - check Pop read middle, 8 route can adjust 8 to 4 route vs. man with middle closed.

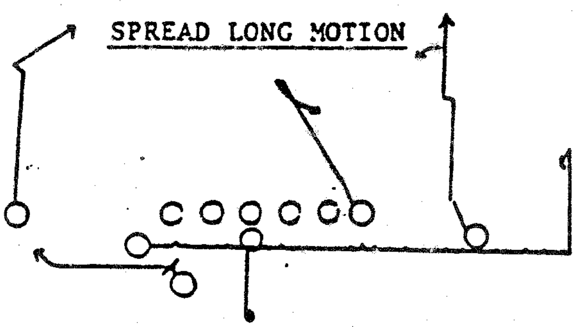
X - blitz adjust vs. safety blitz (middle open)

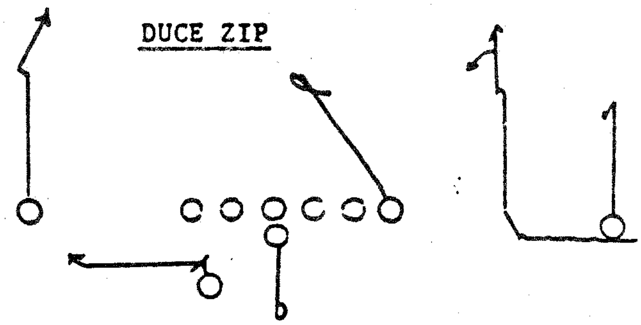
X & Z - run route (7), normal split.

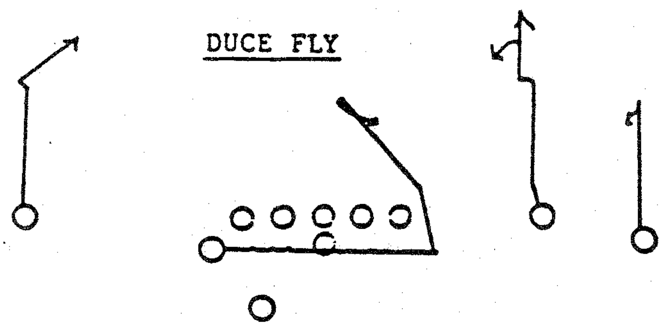
PROTECTION
Scat

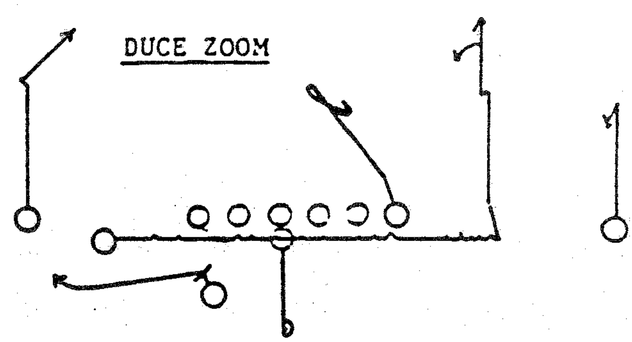
FORMATIONS
1. Trips
2. Trips Fake Whi
3. Hip
4. Spread Motion
5. Duce
6. Trips Fly
7. Trips Zoom
8. Trips Fake Zoc
9. Duce Fly











KEY COACHING POINTS

PROTECTION
Scat

FORMATIONS

1. Duce
2. Spread Lg Moti
3. Trips Motion O
4. Duce Fly
5. Duce Zip
6. Duce Zoom

QB - Strongside progression; MOF closed work outside/in throw off underneath coverage; MOF open work inside/out from deep to short; X by game plan or W/S blitz.

W.B.(R) - 1st LB'er inside out not counting Mike, Run Swing

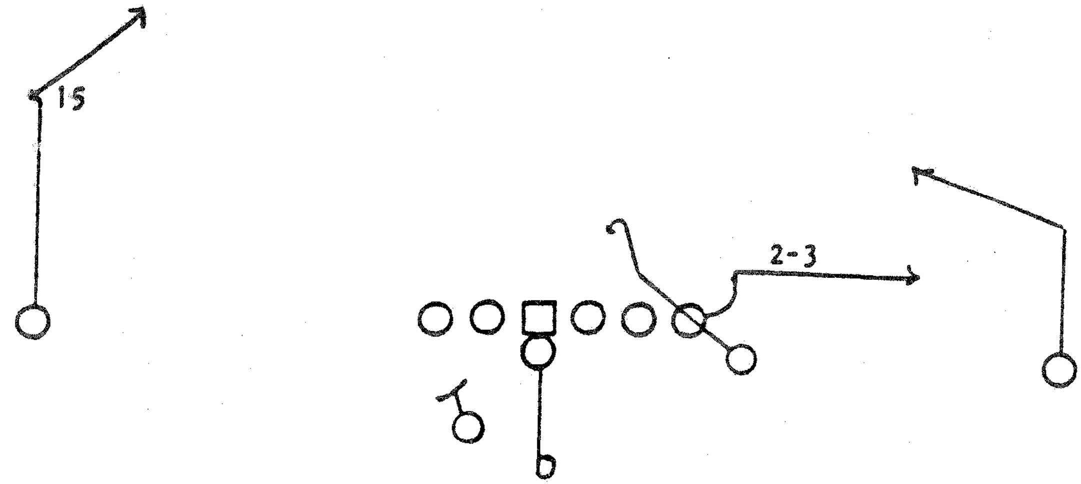
S.B.(H) - Fade vs. roll or press , 8 yard Hitch
- If 827 must run Fake 2 vs. roll or press

"Y" - Check pop, then run 6 route

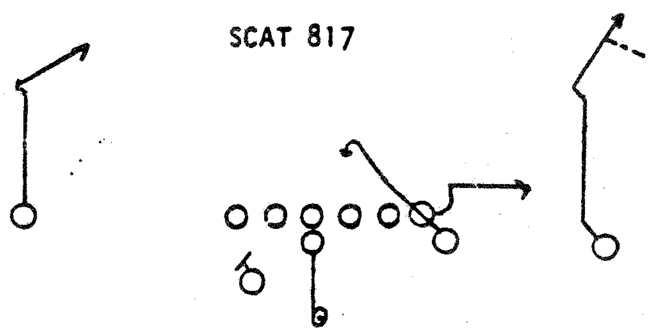
"X" - Flat (8) Fade vs.press, blitz adjust vs. safety blitz (middle open), normal split.

"Z" - Read middle of field (inside receiver split, vs. man with middle closed can run 8 like a 4 route

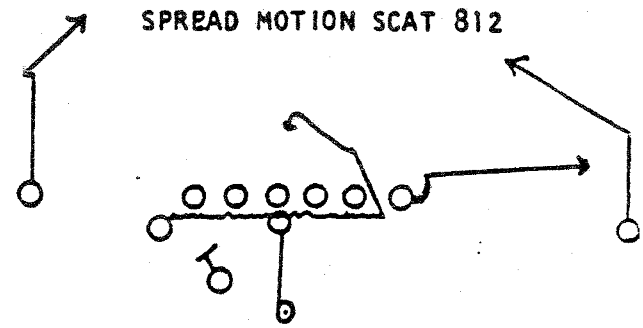
SCAT RIGHT 812 "H" HASH (TRIPS)

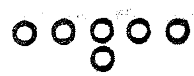


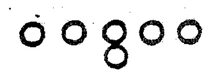
SCAT 817



SPREAD MOTION SCAT 812







KEY COACHING POINTS

QB - Strongside progression, MOF closed work outside/in throw off underneath coverage; MOF open work inside/out throw off underneath coverage. X by game plan or W/S blitz.

W.B.(R) - 1st LB'er inside out not counting, Mike Max. Prot. Search

S.B.(H) - check pop, run route, (leak)

"Y" - flat, run thinking width

"X" - Blitz adjust vs. W/S blitz, normal split

\- 8 route normal split

"Z" - 2 route

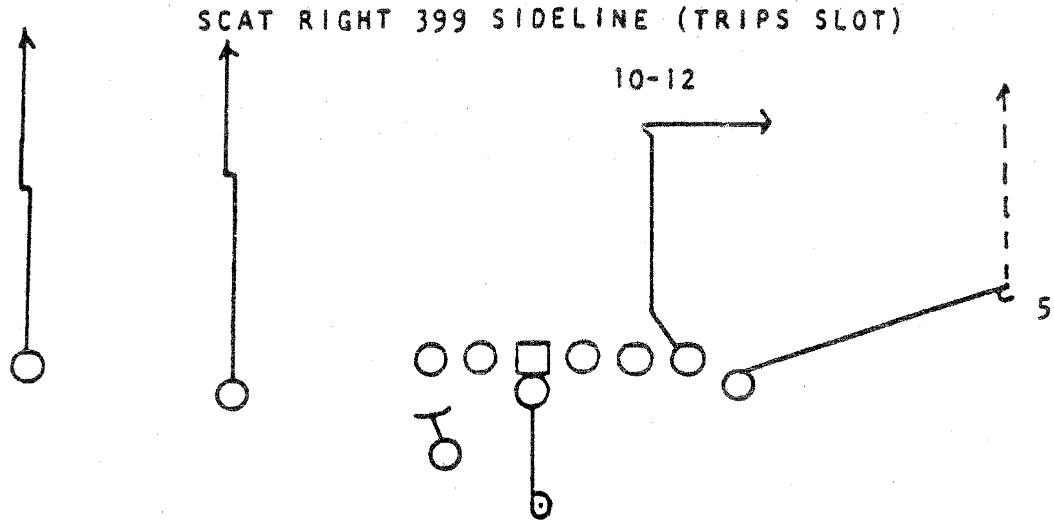
PROTECTION

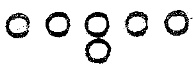
Scat

FORMATIONS

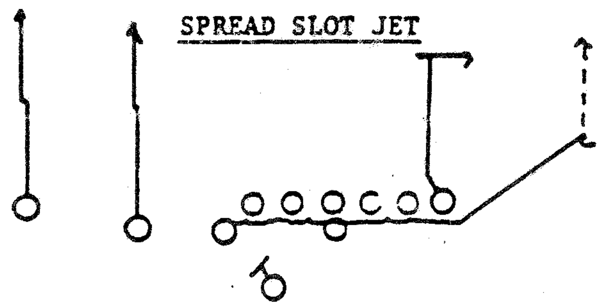
1. Trips
2. Trips Fly
3. Trips Zoom
4. Trips Fake Zoc
5. Trips Fake Whi
6. Hip
7. Spread Motion
8. Spear
9. Duce
10. Duce Fly

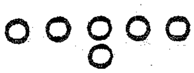
SCAT RIGHT 399 SIDELINE (TRIPS SLOT)

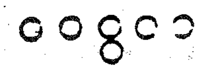




SPREAD SLOT JET







KEY COACHING POINTS

QB - Coverage read, W/S stays in middle or favors strongside work weakside throw off underneath coverage; W/S goes weak work slot combination inside/out. Responsible with Z for W/S.

W.B.(R) - Scat Protection, Max. Prot.; Search

B.(H) - sideline, fade vs. roll or press

"Y" - Check pop, run route (3)

"X" - 9 route, flash vs. double press

"Z" - 9 route, fade vs. double press

X & Z - 99 backside

Z - blitz adjustment (middle open), Or W/S Blitz

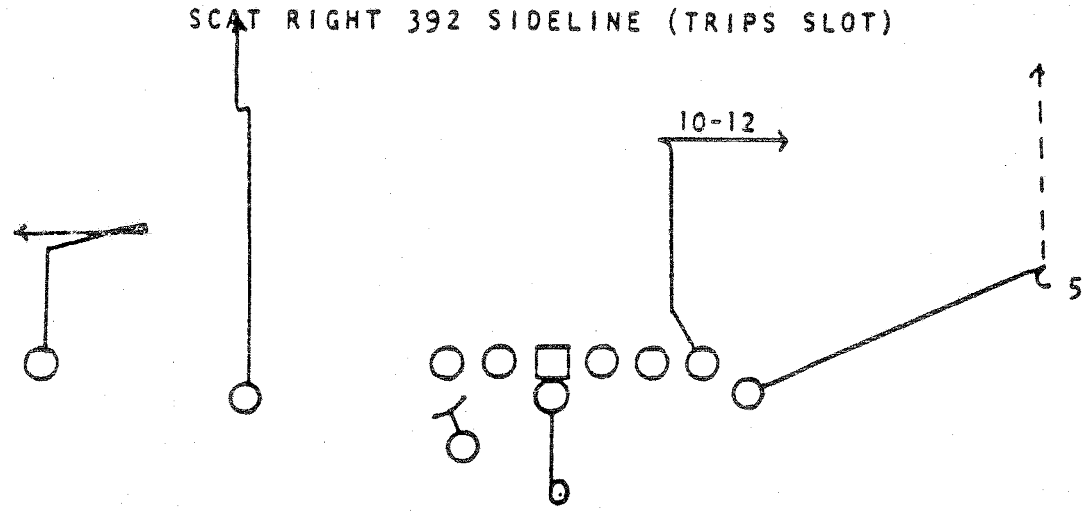
PROTECTION

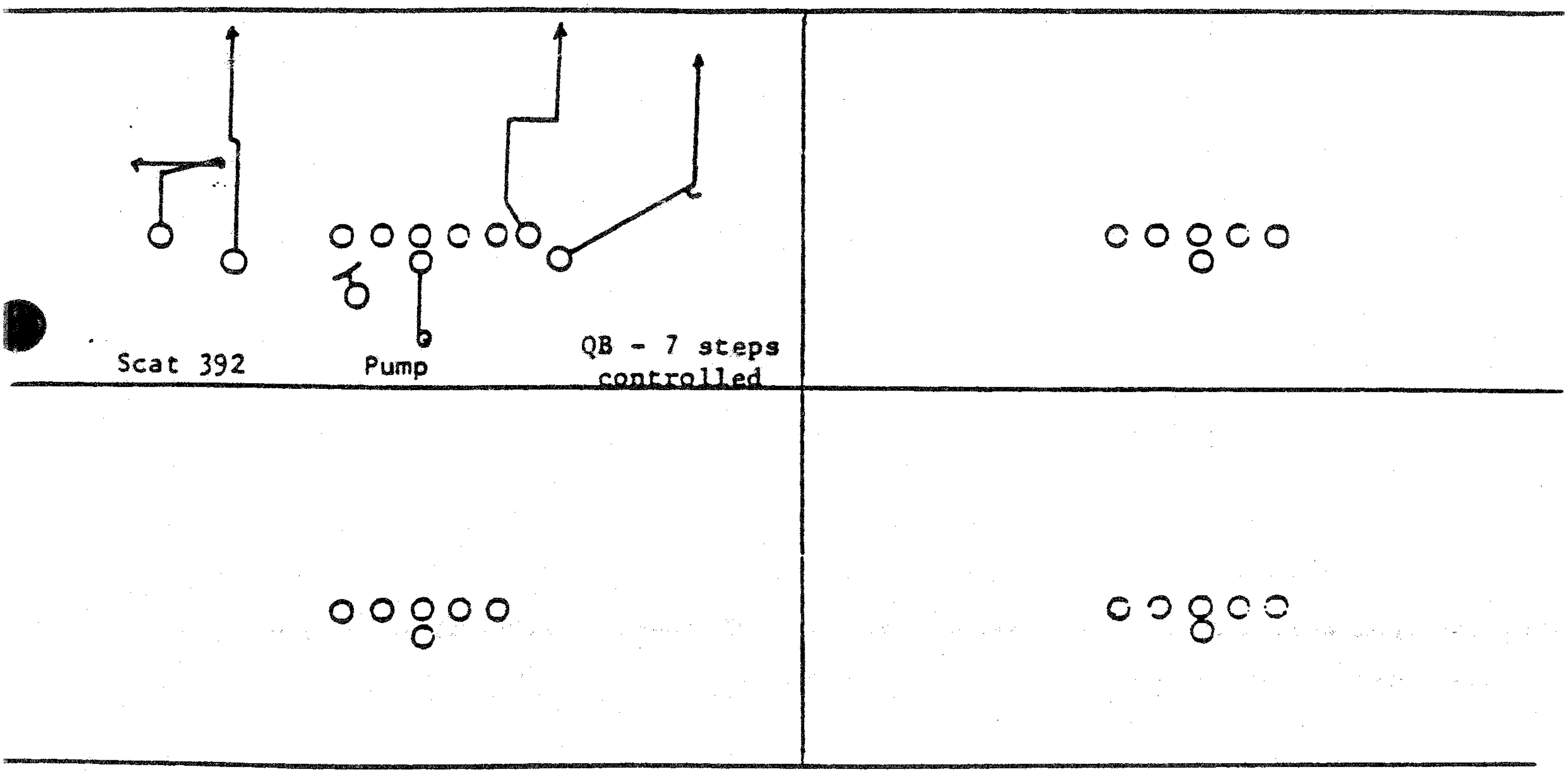
Scat

FORMATIONS

1. Trips Slot
2. Spread Slot Jet
3. Trips Slot Zip
4. Trips Slot Zoom
5. Trips Slot F. Whiz
6. Trips Slot Buzz

SCAT RIGHT 392 SIDELINE (TRIPS SLOT)





KEY COACHING POINTS

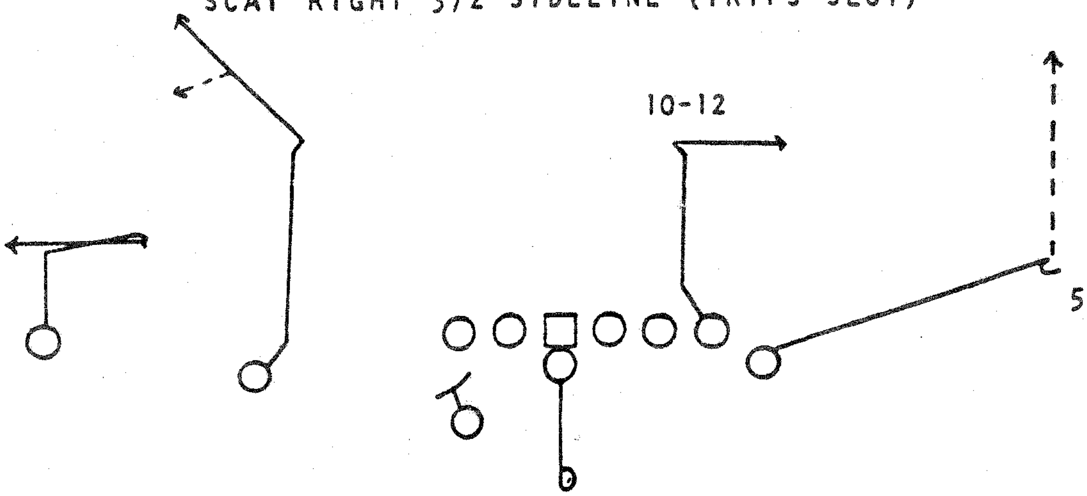
QB - Coverage read, W/S stays in middle or favors strongside work weakside throw off underneath coverage; W/S goes weak work slot combination inside/out. Responsible with Z for W/S.

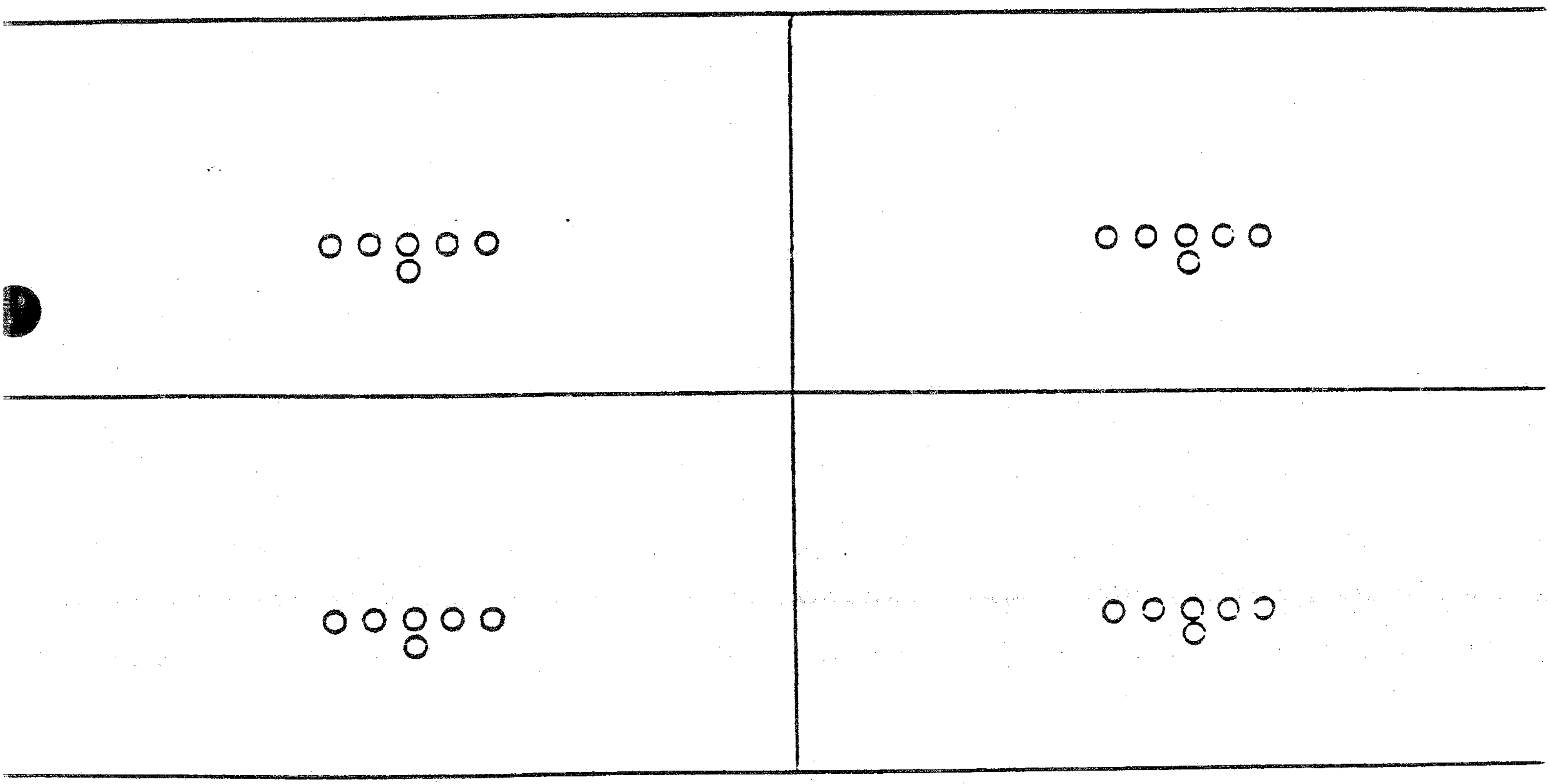
W.B.(R) - Scat Protection. Max. Prot. Search C.P. vs. 5¢ def. ck LBer/5¢.
S.B.(H) - sideline, fade vs. press or roll
"Y" - check pop, run route (3)
"X" - route called (2) flash vs. double press
"Z" - route called (9) fade vs.double press
- blitz adjust vs. safety blitz (middle open)

PROTECTION
Scat

FORMATIONS
1. Trips slot
2. Trips Slot Zip
3. Trips Slot Zoo
4. Trips Slot F.
5. Trips Slot Buz
6. Spread Slot Je

SCAT RIGHT 372 SIDELINE (TRIPS SLOT)





KEY COACHING POINTS

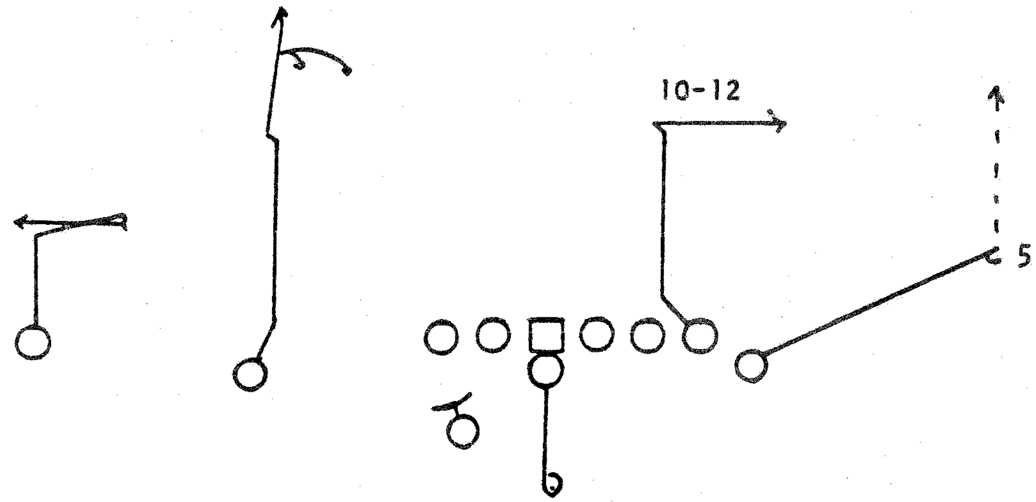
QB - Coverage read, W/S stays in middle or favors strongside work weakside throw off underneath coverage; W/S goes weak work slot combination inside/out. Responsible with Z for W/S.

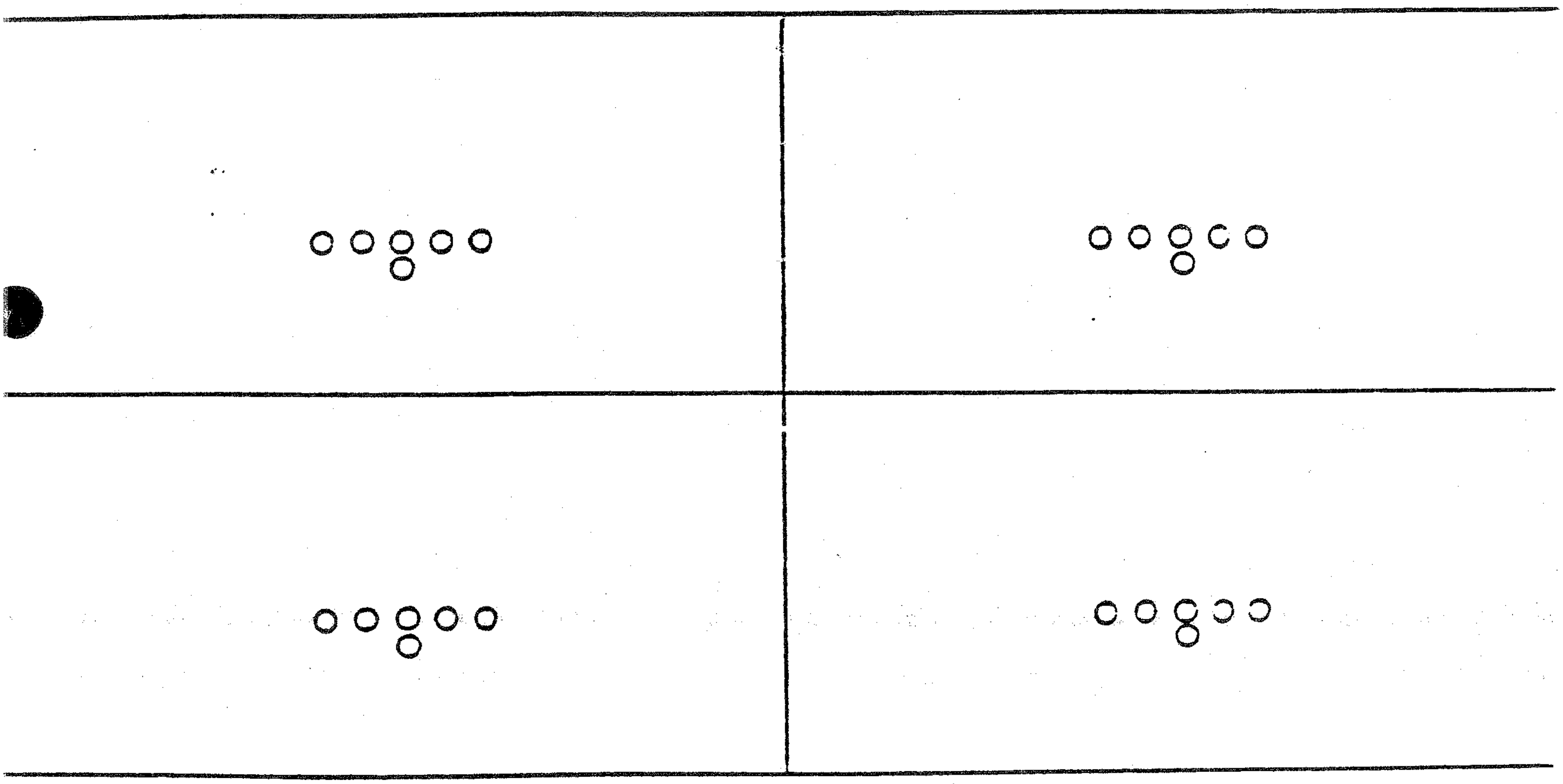
W.B.(R) - Scat Protection. Max. Prot. Search
S.B.(H) - sideline
"Y" - check pop, run route (3)
"X" - Fake 2, Flash vs. double press
"Z" - routes called (7), fade vs. double press

PROTECTION
Scat

FORMATIONS
1. Trips Slot
2. Trips Slot F. Whi:
3. Trips Slot Zip
4. Trips Slot Zoom
5. Trips Slot Buzz
6. Spread Slot Jet

SCAT RIGHT 382 SIDELINE (TRIPS SLOT)





KEY COACHING POINTS

PROTECTION
Scat

FORMATIONS
1. Trips Slot
2. Trips Slot Zip
3. Trips Slot Zoom
4. Trips Slot F. Whiz
5. Trips Slot Buzz
6. Spread Slot Jet

QB - Coverage read, W/S stays in middle or favors strongside work weakside throw off underneath coverage; W/S goes weak work slot combination inside/out. Responsible with Z for W/S.

W.B.(R) _ Scat Protection. Max. Prot; Search.

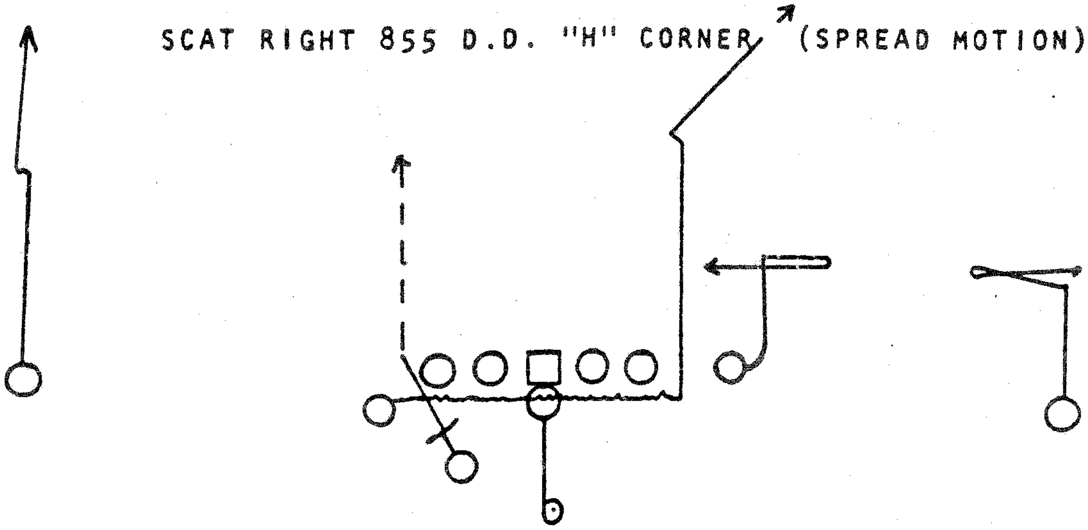
S.B.(H) - route called (sideline)

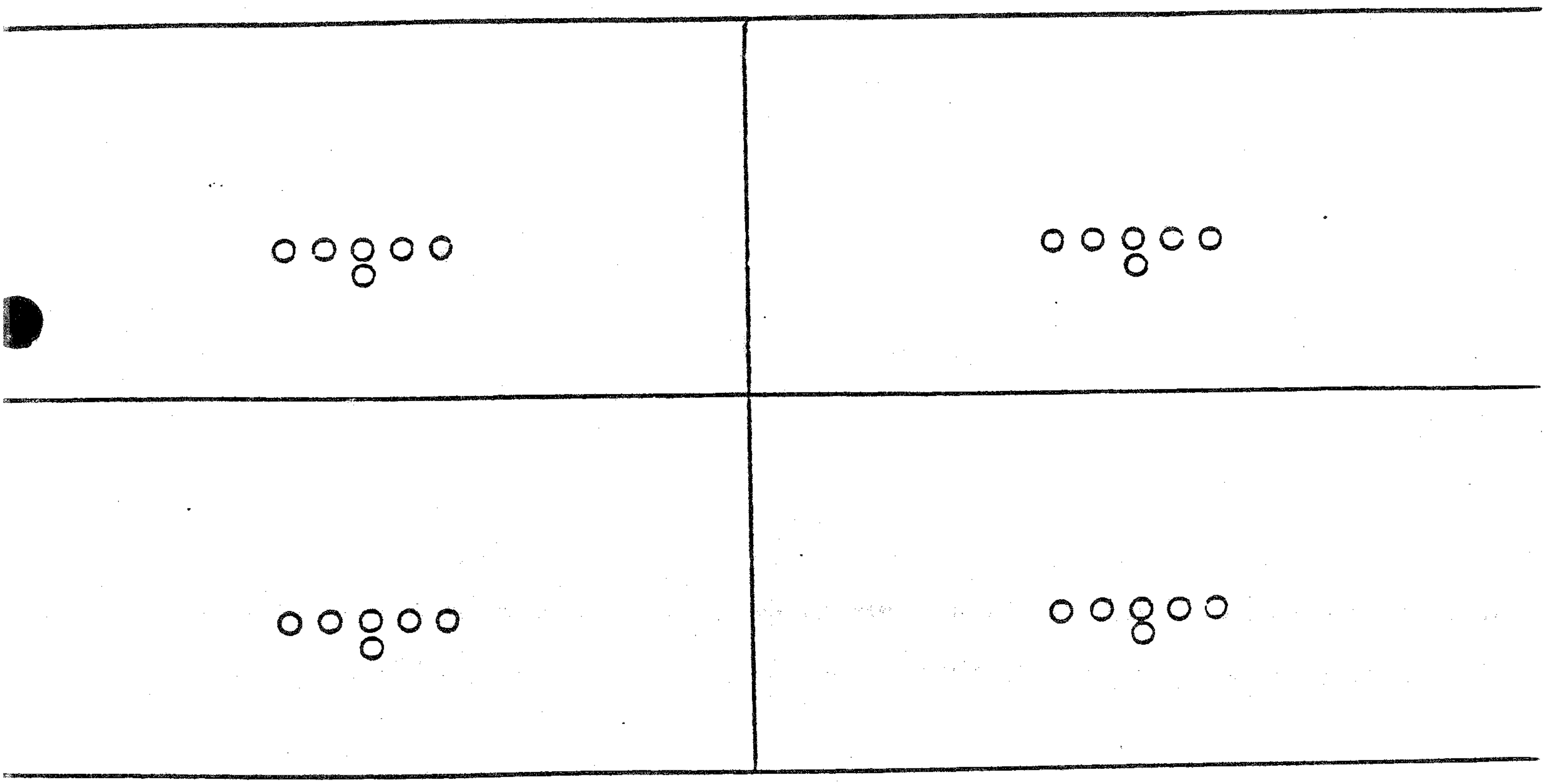
"Y" - check pop, run route (3)

"X" - route called (Fake 2) Flash vs. double press

"Z" - 8 route - read middle vs. man w/middle close run like 4 route

SCAT RIGHT 855 D.D. "H" CORNER (SPREAD MOTION)





KEY COACHING POINTS

PROTECTION
Scat

FORMATIONS
1. Spread Motion
2. Trips Fake Whiz
3. Hip
4. Spear

QB - Strongside read, MOF open work inside/out throw off underneath coverage; MOF closed work outside/in and throw off underneath coverage. Responsible with X for W/S.

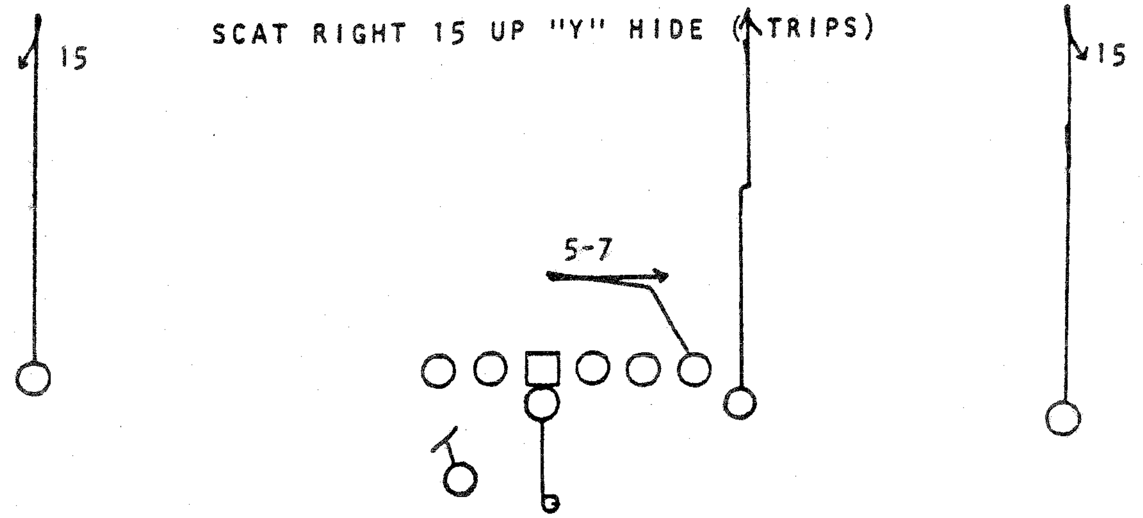
W.B.(R) - Scat Protection Run Up; M/M cov. may run swing

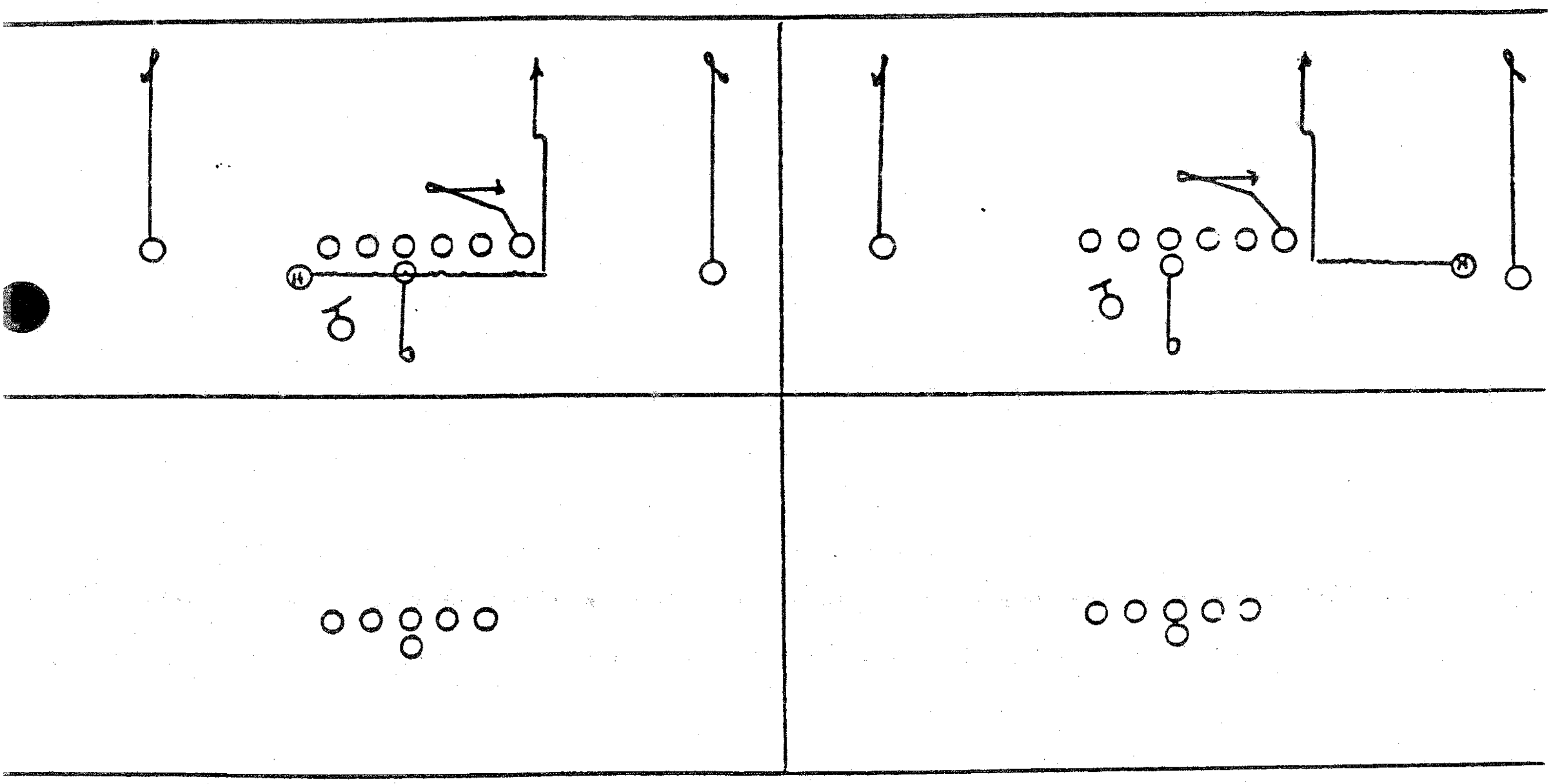
S.B.(H) - check pop, run route

"Y" - delay

"X" - 8 route unless press or roll
- blitz adjust vs. W/S blitz (middle open)

SCAT RIGHT 15 UP "Y" HIDE (TRIPS)





KEY COACHING POINTS

QB - Strongside progression; MOF closed work outside/in throw off underneath coverage; MOF open work inside/out deep to short. Responsible with X for W/S.

W.B.(R) - 1st LB'er inside out not counting Mike,
- Search, Max. Prot.

.B.(H) - route called (Up)

"Y" - check pop run route (Hide)

X & Z - Same as 35 "H" Delay

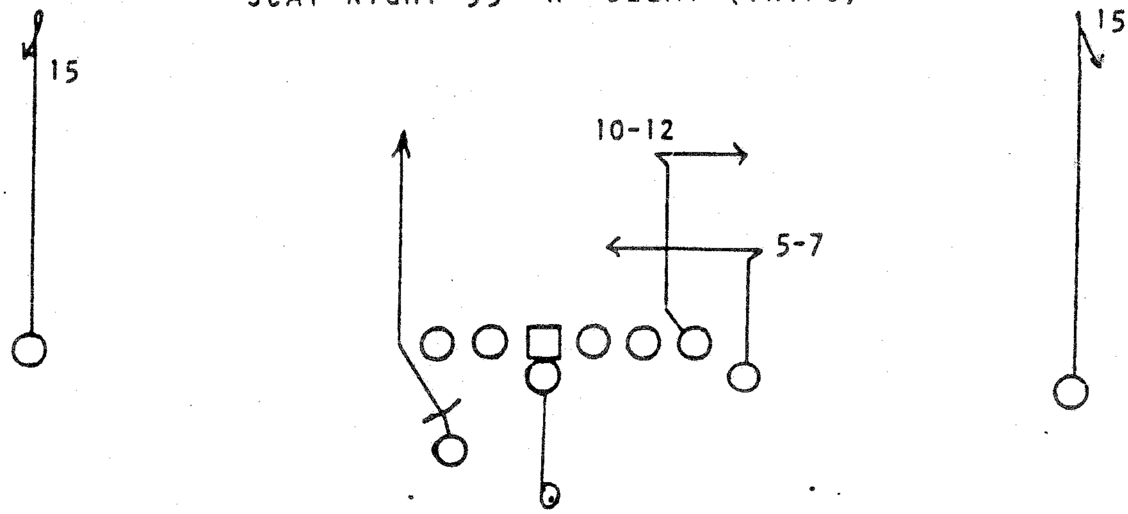
PROTECTION

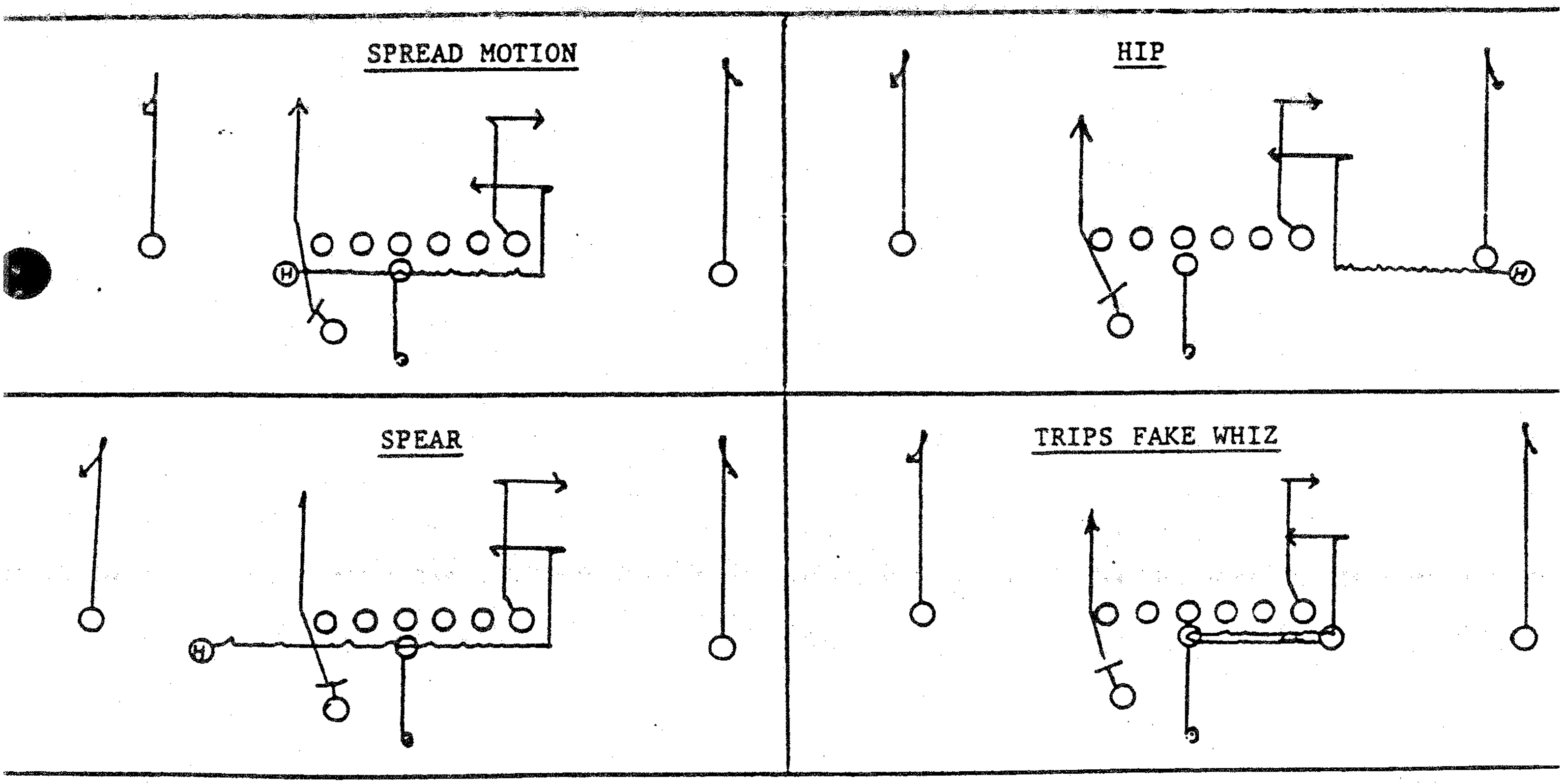
Scat

FORMATIONS

1. Trips
2. Trips Fake Whiz
3. Hip
4. Spread Motion
5. Spear
6. Trips Zoom

SCAT RIGHT 35 "H" DELAY (TRIPS)





KEY COACHING POINTS

PROTECTION
Scat

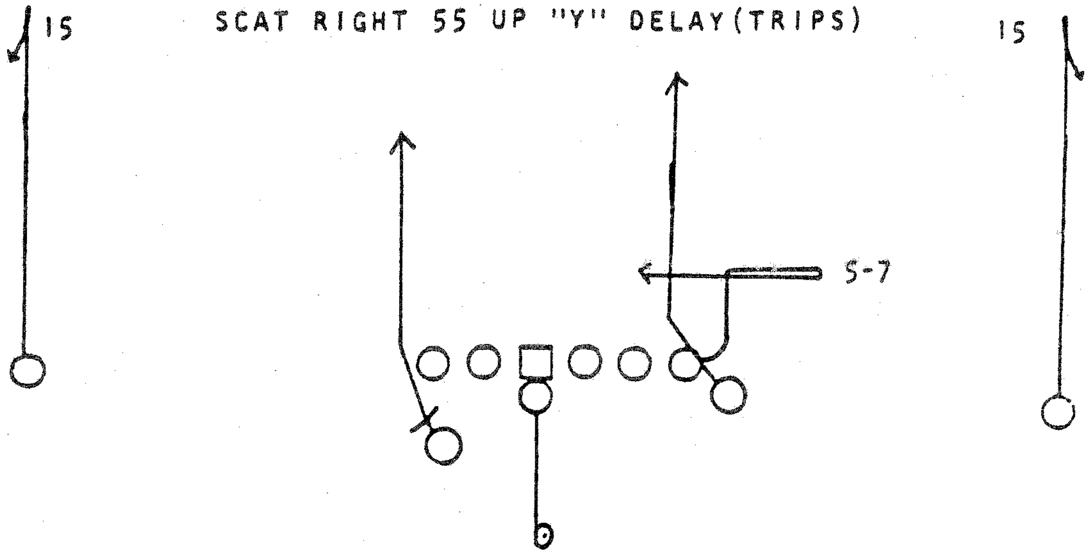
FORMATIONS

1. Trips
2. Trips Fake Whiz
3. Hip
4. Spread Motion
5. Spear
6. Trips Zoom

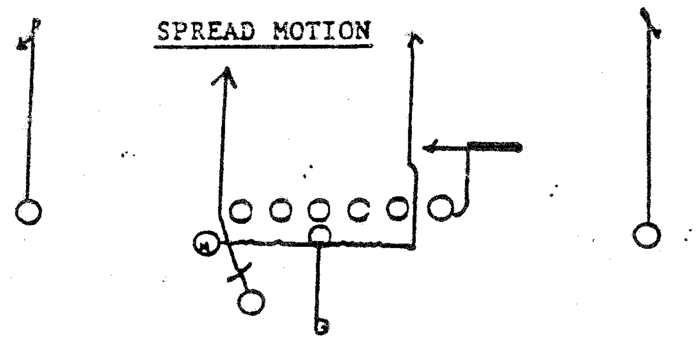
QB - Strongside progression, MOF closed read outside/in throw off underneath coverage; MOF open work inside/out off underneath coverage. Responsible with X for W/S.

.B.(R) - 1st LB'er inside out not counting Mike, run up route
S.B.(H) - Delay
"Y" - Check pop, run route (3)
X - Blitz adjust vs. W/S blitz (middle open)
X & Z - 5 route, fade vs. press or roll
- Split wider than normal

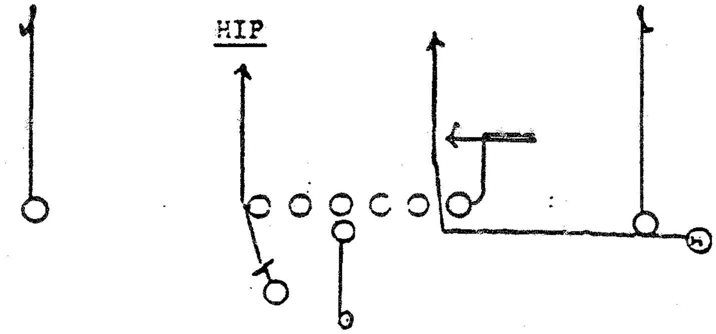
SCAT RIGHT 55 UP "Y" DELAY (TRIPS)

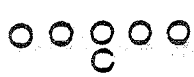


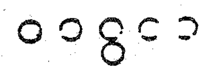
SPREAD MOTION



HIP







KEY COACHING POINTS

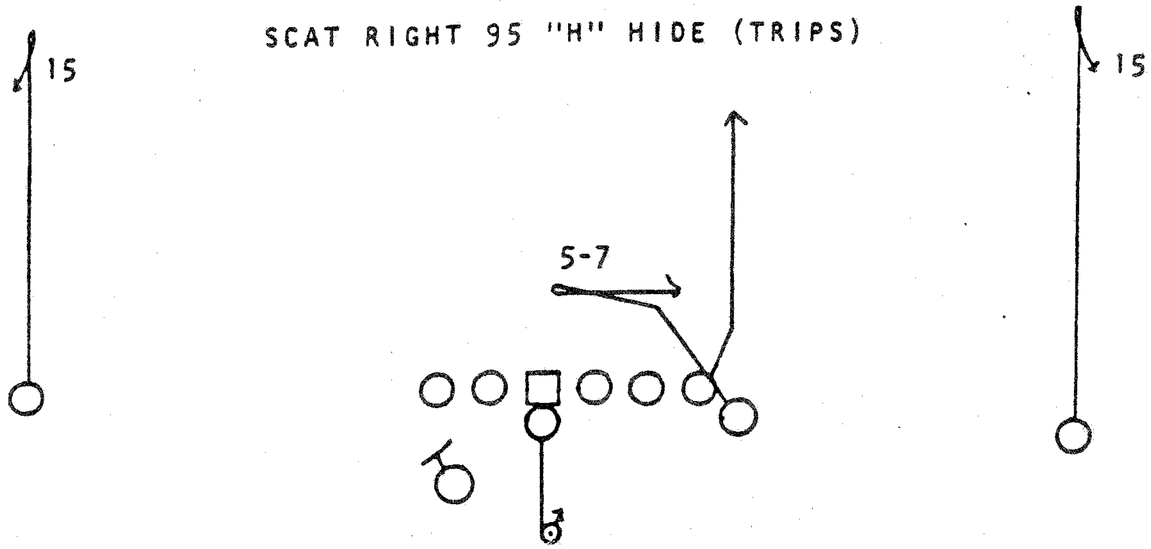
QB - Strongside progression; MOF closed work outside/in, throw off underneath coverage. MOF open work inside/out deep to short. Responsible with X for W/S.

W.B.(R) - 1st LB'er inside out not counting Mike, run up route
S.B.(H) - Check Pop and run route (up)
"Y" - Delay at 5-7 yards
X & Z - Same as 35 "H" Delay

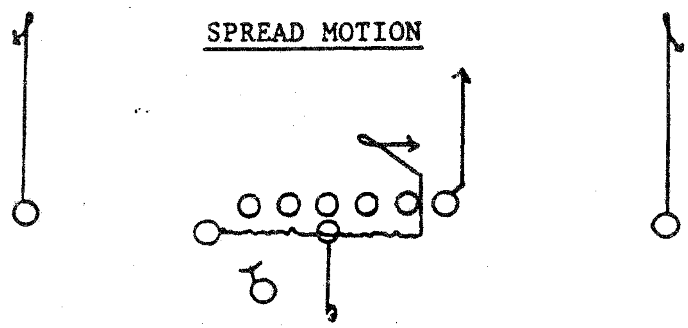
PROTECTION
Scat

FORMATIONS
1. Trips
2. Trips Fake Whiz
3. Hip
4. Spread Motion
5. Spear
6. Trips Zoom

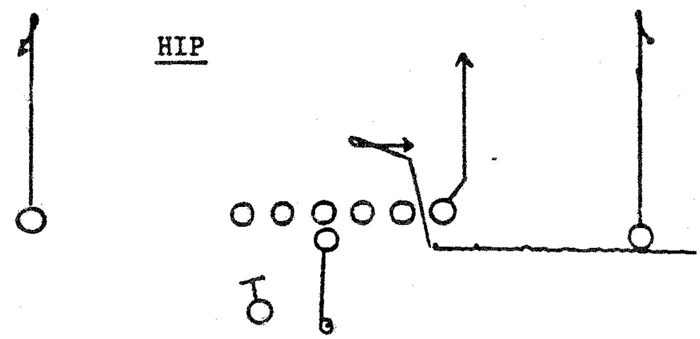
SCAT RIGHT 95 "H" HIDE (TRIPS)

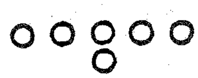


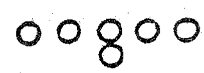
SPREAD MOTION



HIP







KEY COACHING POINTS

QB - Strongside progression; MOF closed work outside/in throw off underneath coverage. MOF open work inside/out deep to short. Responsible with X for W/S.

W.B.(R) 1st LB'er inside out not counting Mike, Search, Max. Prot.

S.B.(H) - Check Pop run route (hide)

"Y" - Run route called (9)

X & Z - same as 35 "H" Delay

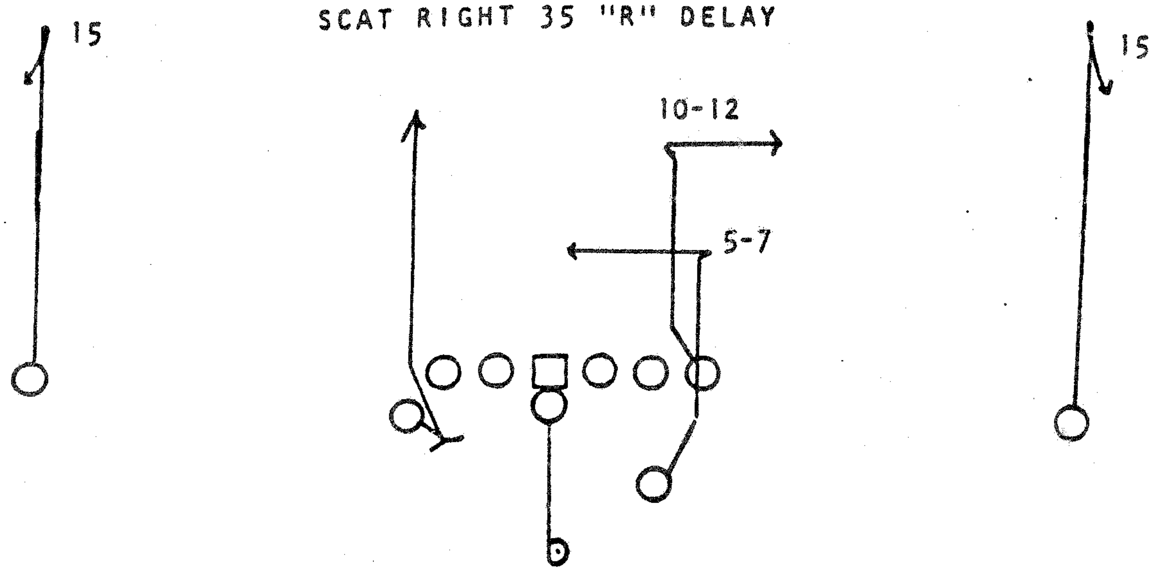
PROTECTION

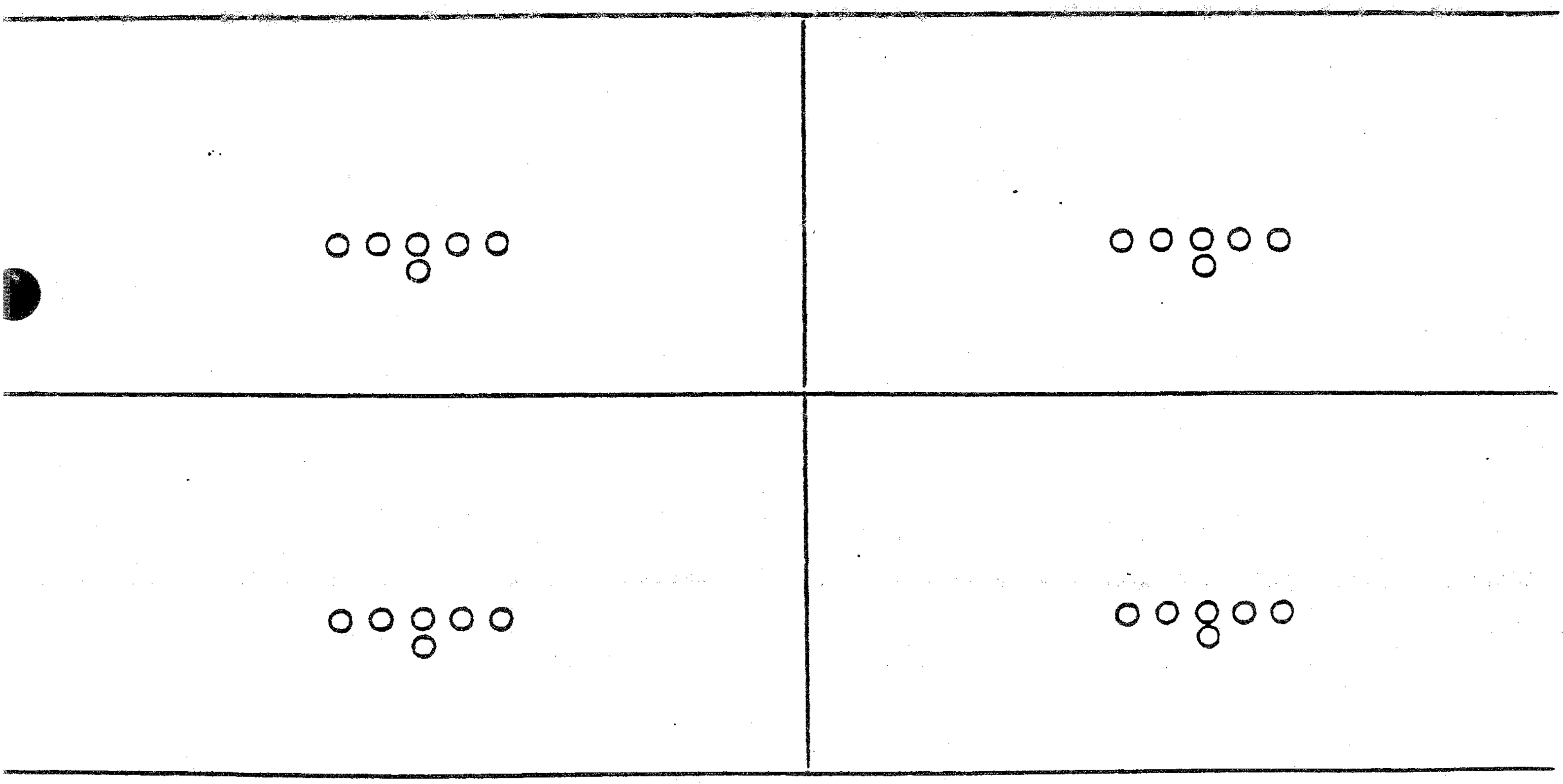
Scat

FORMATIONS

1. Trips
2. Trips Fake Whiz
3. Hip
4. Spread Motion
5. Spear
6. Trips Zoom

SCAT RIGHT 35 "R" DELAY





KEY COACHING POINTS

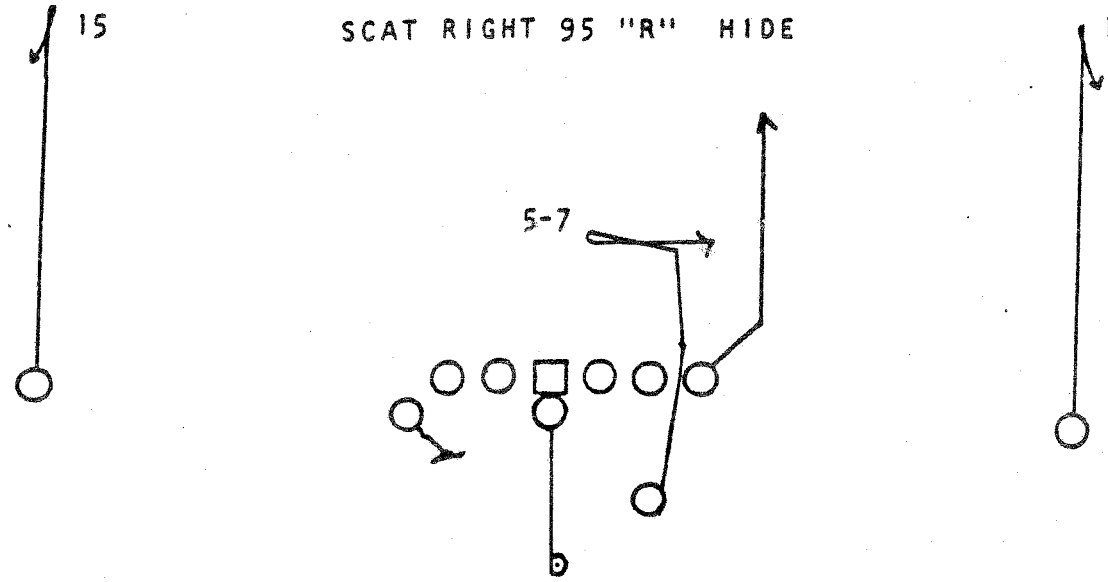
QB -Strongside progression, MOF closed read outside/in throw off underneath coverage; MOF open work inside/out off underneath coverage. Responsible with X for W/S.

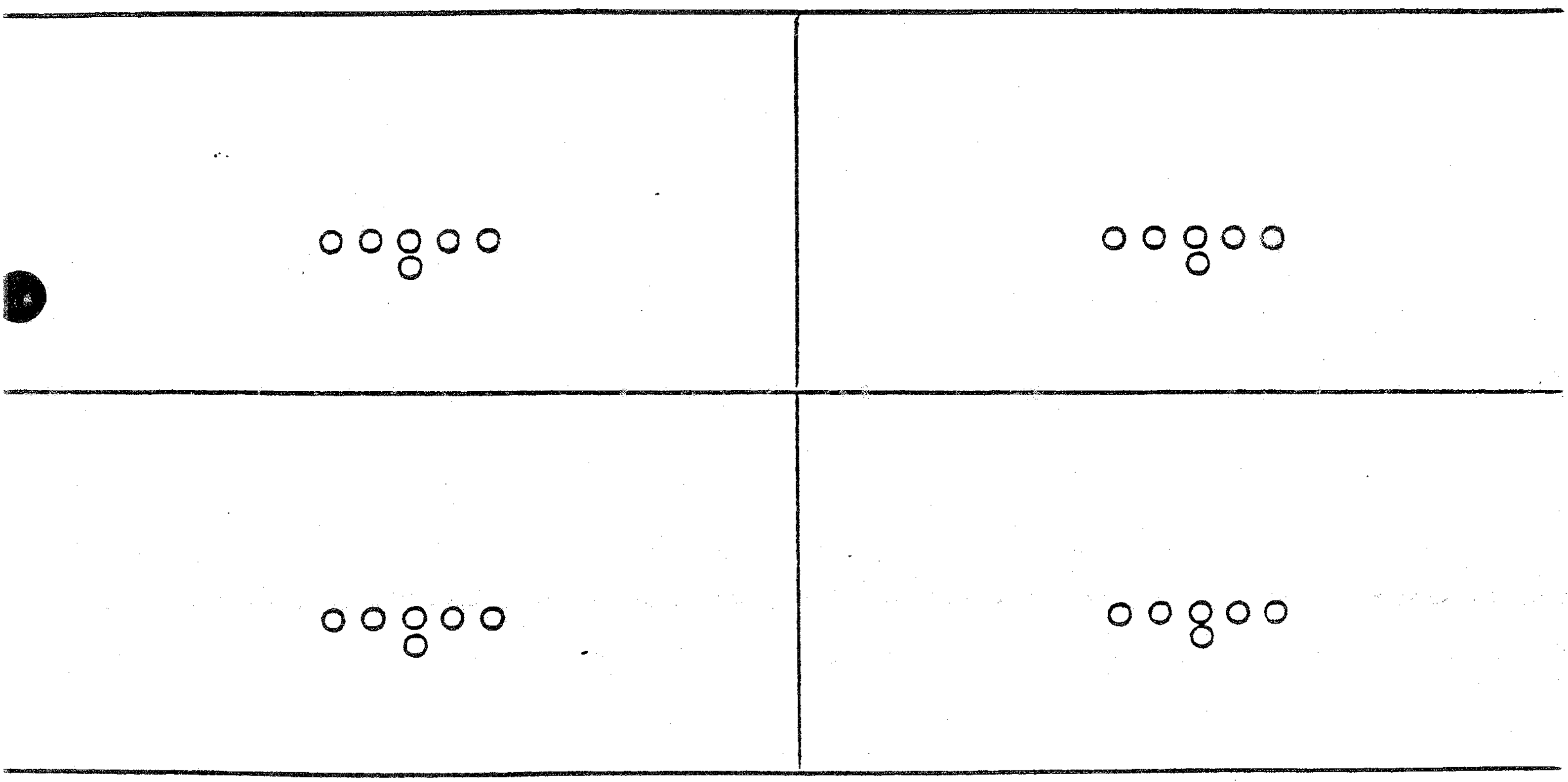
S.B.(R) - delay
W.B.(H) - Scat Protection Clear
"Y" - check pop 3 route
"X" - 5 route, fade vs. press
blitz adjust vs. W/S blitz (middle open)

PROTECTION
Scat

FORMATIONS
1. Spread
2. Spread Fly
3. Spread Zoom
4. Trips Whiz
5. Dart

SCAT RIGHT 95 "R" HIDE





KEY COACHING POINTS

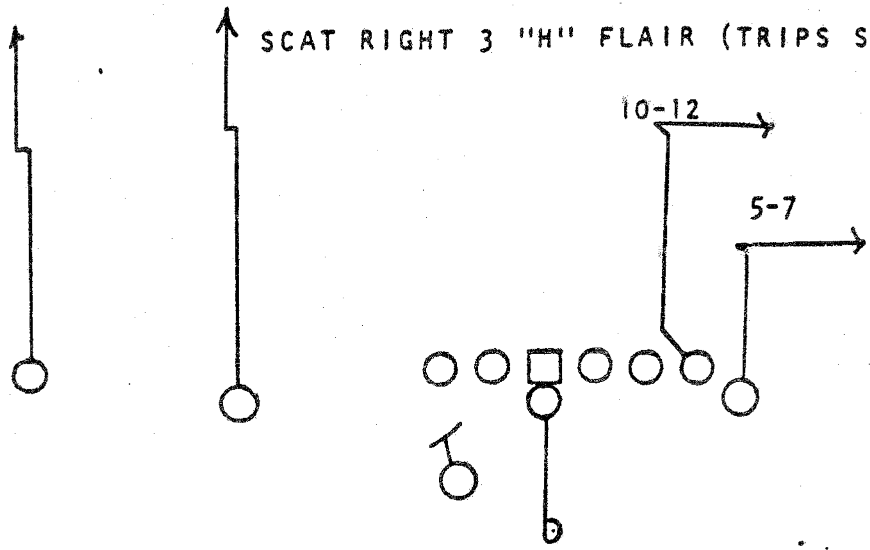
QB - Strongside progression, MOF closed read outside/in throw off underneath coverage; MOF open work inside/out off underneath coverage. Responsible with X for W/S.

.B.(R) - check pop, run hide
.B.(H) - scat protection
"Y" - 9 route, outside release
"X" - 5 route, fade vs. press
- blitz adjustment vs. W/S blitz (middle open)
"Z" - 5 route, fade vs. press

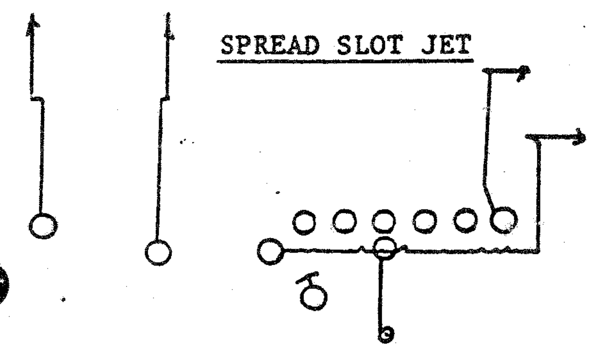
PROTECTION
Scat

FORMATIONS
1. Same as 35 "R" Be
2. Spread
3. Spread Fly
4. Spread Zoom
5. Trips Whiz
6. Dart

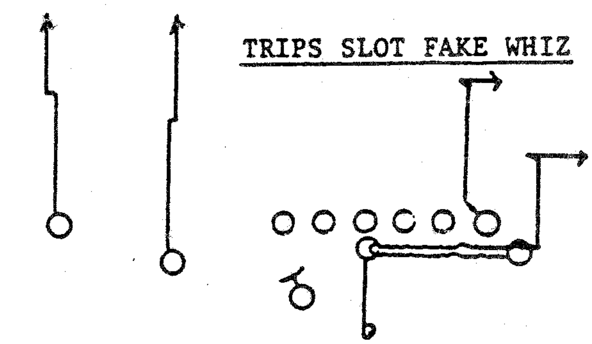
SCAT RIGHT 3 "H" FLAIR (TRIPS SLOT)



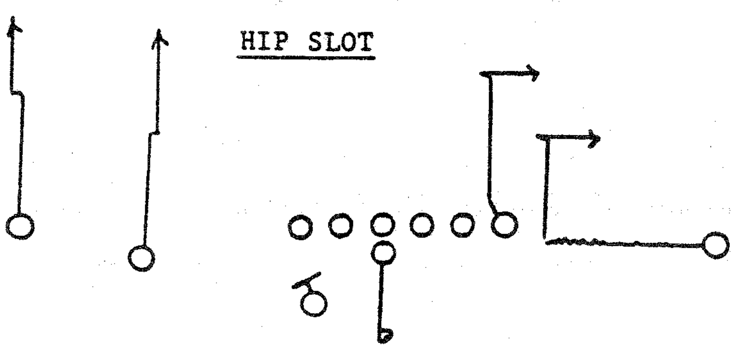
SPREAD SLOT JET



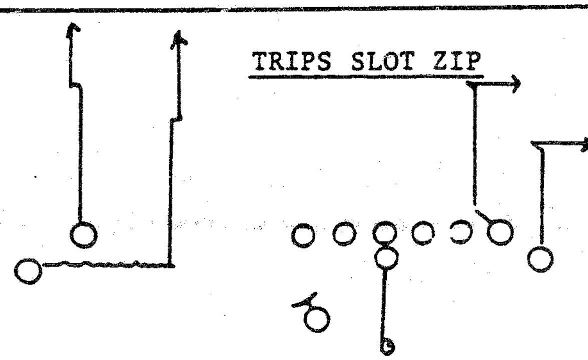
TRIPS SLOT FAKE WHIZ



HIP SLOT



TRIPS SLOT ZIP



KEY COACHING POINTS

QB - Coverage read, if W/S stays in middle or favors strong, work weakside deep to short; W/S goes weakside work the slot combinations inside/out. Responsible with Z for W/S.

B.(R) - Search, Max. Prot; 5¢ check. LB'er to def. on slot.

3.(H) - Flair at 5 to 7

"Y" - Check Pop run route

X & Z - 99 - If double press, flash and fade

Z - adjustment vs. W/S blitz

- C.P. if middle is open run blitz adjustment.

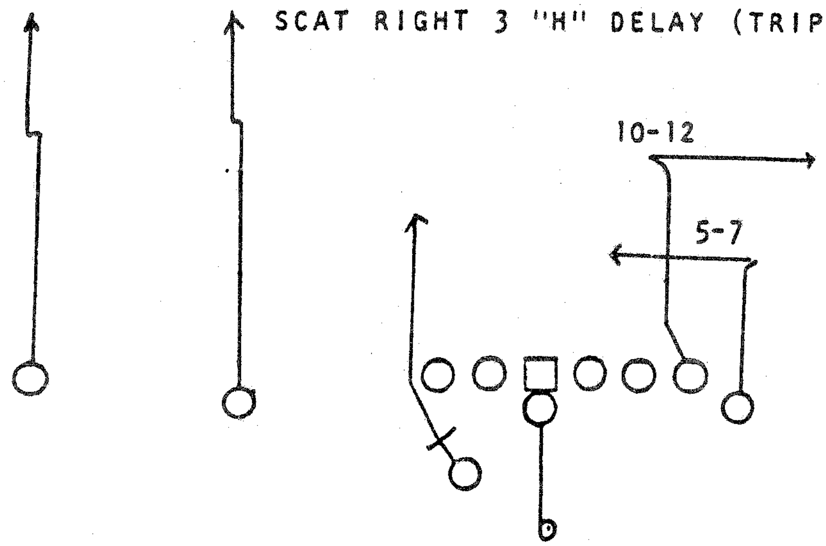
PROTECTION

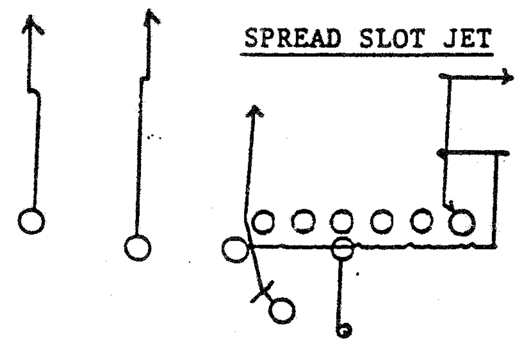
Scat

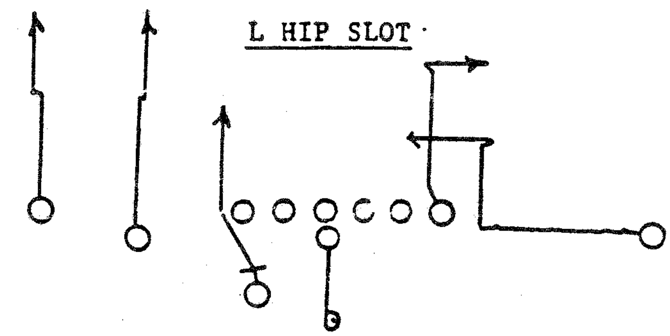
FORMATIONS

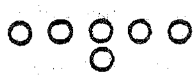
1. Trips Slot
2. Spread Slot Jet
3. Trips Slot Zip
4. Trips Slot Zoom
5. Trips Slot F. W
6. Trips Slot Buzz

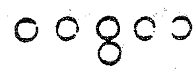
SCAT RIGHT 3 "H" DELAY (TRIPS SLOT)











KEY COACHING POINTS

QB- Coverage read, if W/S stays in middle or favors strongside work weakside deep to short; W/S goes weak work the slot combination inside/out. Responsible with Z for W/S.

B.(R) - 1st LB'er inside out not counting Mike, Run up route; C.P. 5¢ def. - Ck LB'er to 5¢

.B.(H) - Route called (Delay)

"Y" - check pop, run route (3)

X & Z - 99 backside, double press flash and fade Z-adjust if middle open

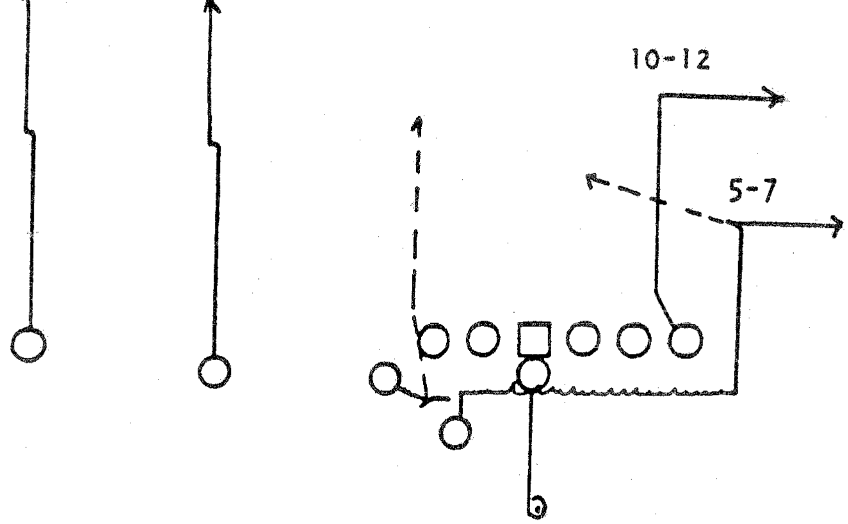
PROTECTION

Scat

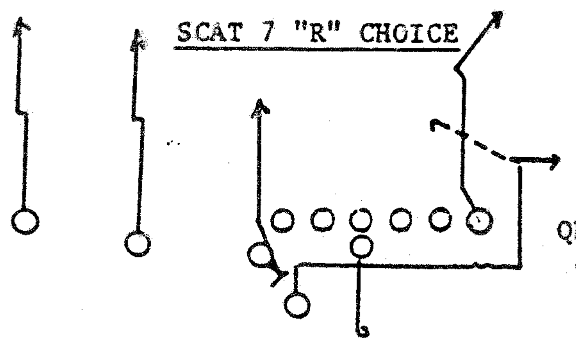
FORMATIONS

1. Trips Slot
2. Spread Slot Jet
3. Trips Slot Zip
4. Trips Slot Zoom
5. Trips Slot F. Wh
6. Trips Slot Buzz

SCAT RIGHT 3 "R" CHOICE (SPREAD SLOT REX)

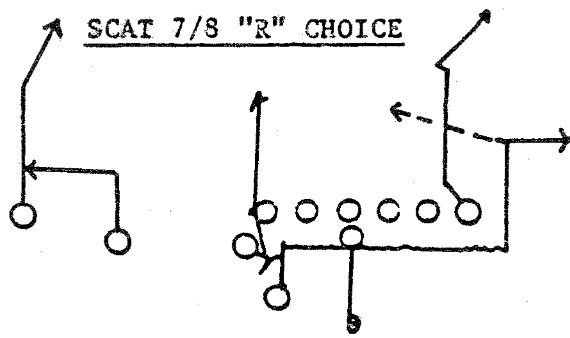


SCAT 7 "R" CHOICE

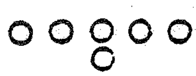


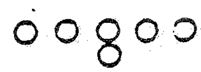
QB - 7 step controlled

SCAT 7/8 "R" CHOICE



QB - 7 step controlled





KEY COACHING POINTS

PROTECTION

Scat

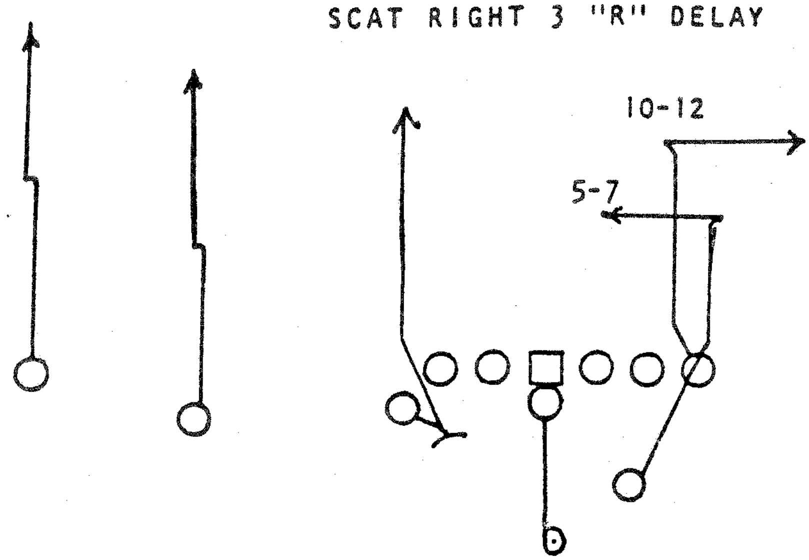
FORMATION

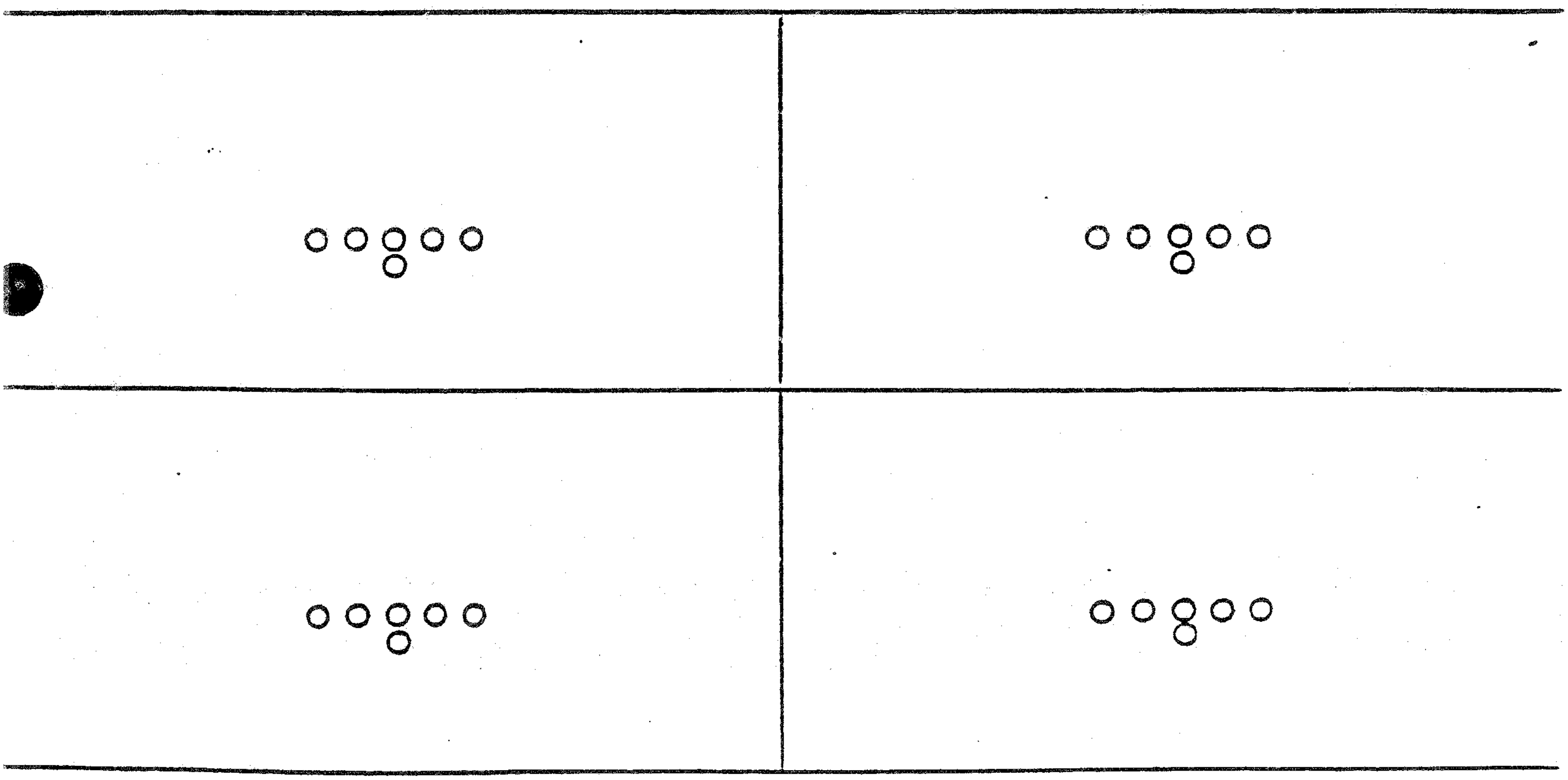
Spread Slot Rex

QB - Coverage read, if W/S stays in middle or favors strongside work weakside deep to short; W/S goes weak work the slot combination inside/out. Responsible with Z for W/S.

W.B.(R) - Run R Choice; read coverage
S.B.(H) - 1st LB'er inside out not counting Mike,
 - run up, Dual check
"Y" - Check pop run route (3)
X & Z - 99 back - double press, flash & fade
Z - Blitz adjust vs. W/S blitz (middle open)

SCAT RIGHT 3 "R" DELAY





KEY COACHING POINTS

QB - Coverage read, if W/S stays in middle or favors strongside work weakside deep to short; W/S goes weak work the slot combination inside/out. Responsible with Z for W/S.

.B.(R) - Delay

..B.(H) - Scat Protection, run up

"Y" - check pop, run 3 route

"X" - 9 route, flash vs. double press

"Z" - 9 route, blitz adj. vs. W/S blitz (middle open) fade vs. double press

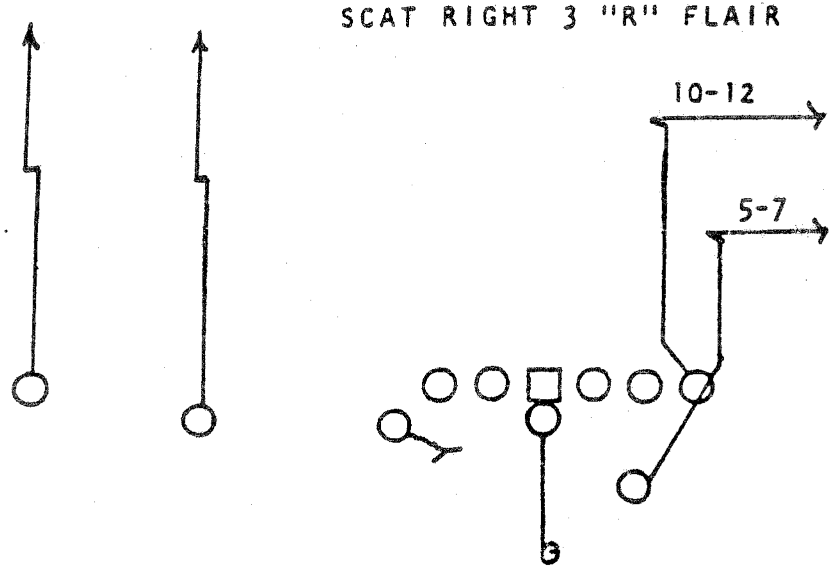
PROTECTION

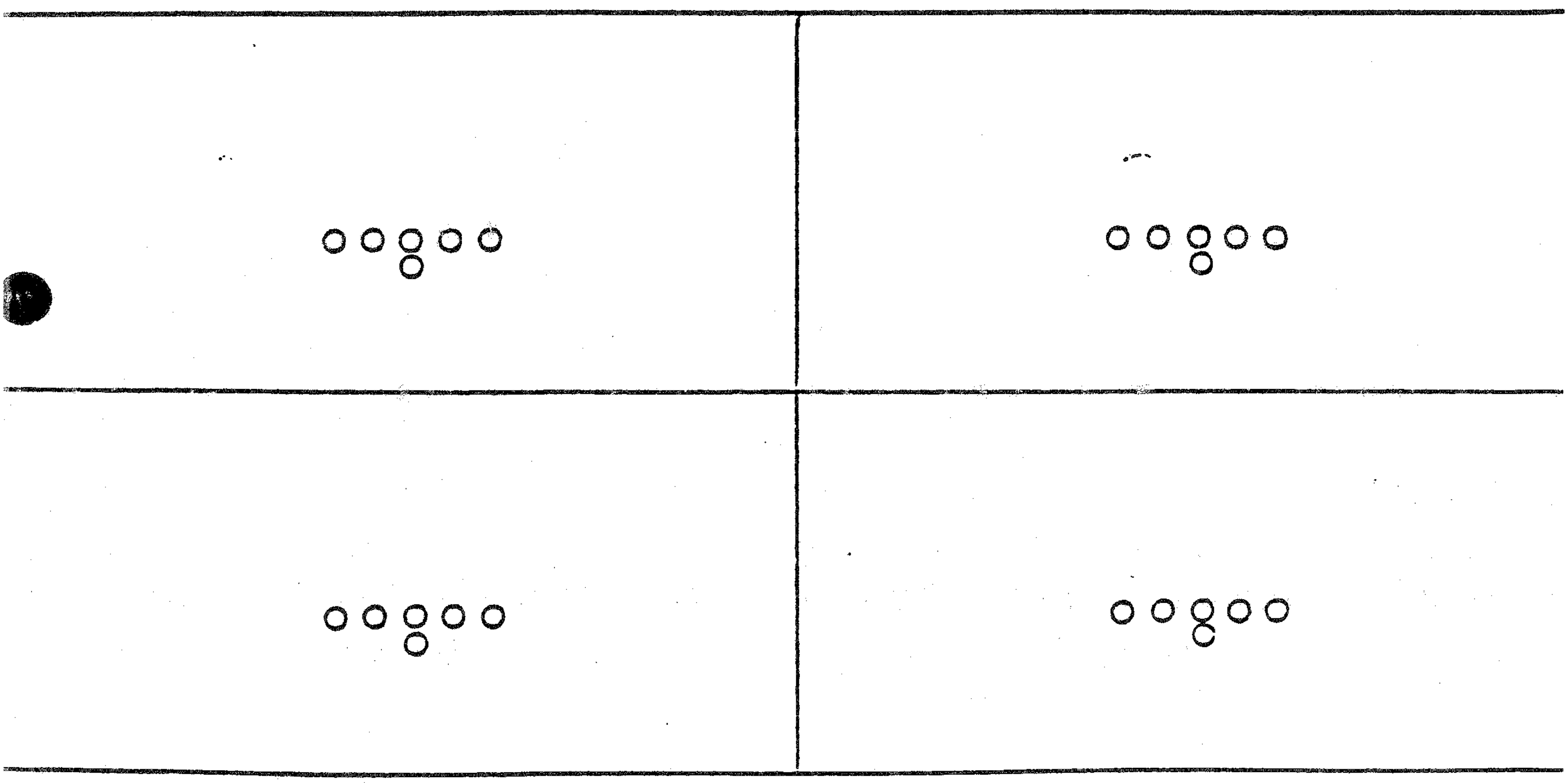
Scat

FORMATIONS

1. Spread Slot
2. Trips Slot Whiz
3. Spread Slot Zoom
4. Spread Slot F. Jet
5. Spread Slot Zip

SCAT RIGHT 3 "R" FLAIR





KEY COACHING POINTS

QB - Coverage read, if W/S stays in middle or favors strongside work weakside deep to short; W/S goes weak work the slot combination inside/out. Responsible with Z for W/S.

S.B.(R) - flair route
W.B.(H) - scat protection
"Y" - check pop 3 route
"X" - 9 route - flash vs. double press
"Z" - 9 route blitz adjust vs. W/S blitz (middle open)
Fade vs. double press

PROTECTION
Scat

FORMATIONS
1. Spread Slot
2. Trips Slot Whiz
3. Spread Slot Zoom
4. Spread Slot F. Jet
5. Spread Slot Zip

TABLE OF CONTENTS

(DASH PASSING)

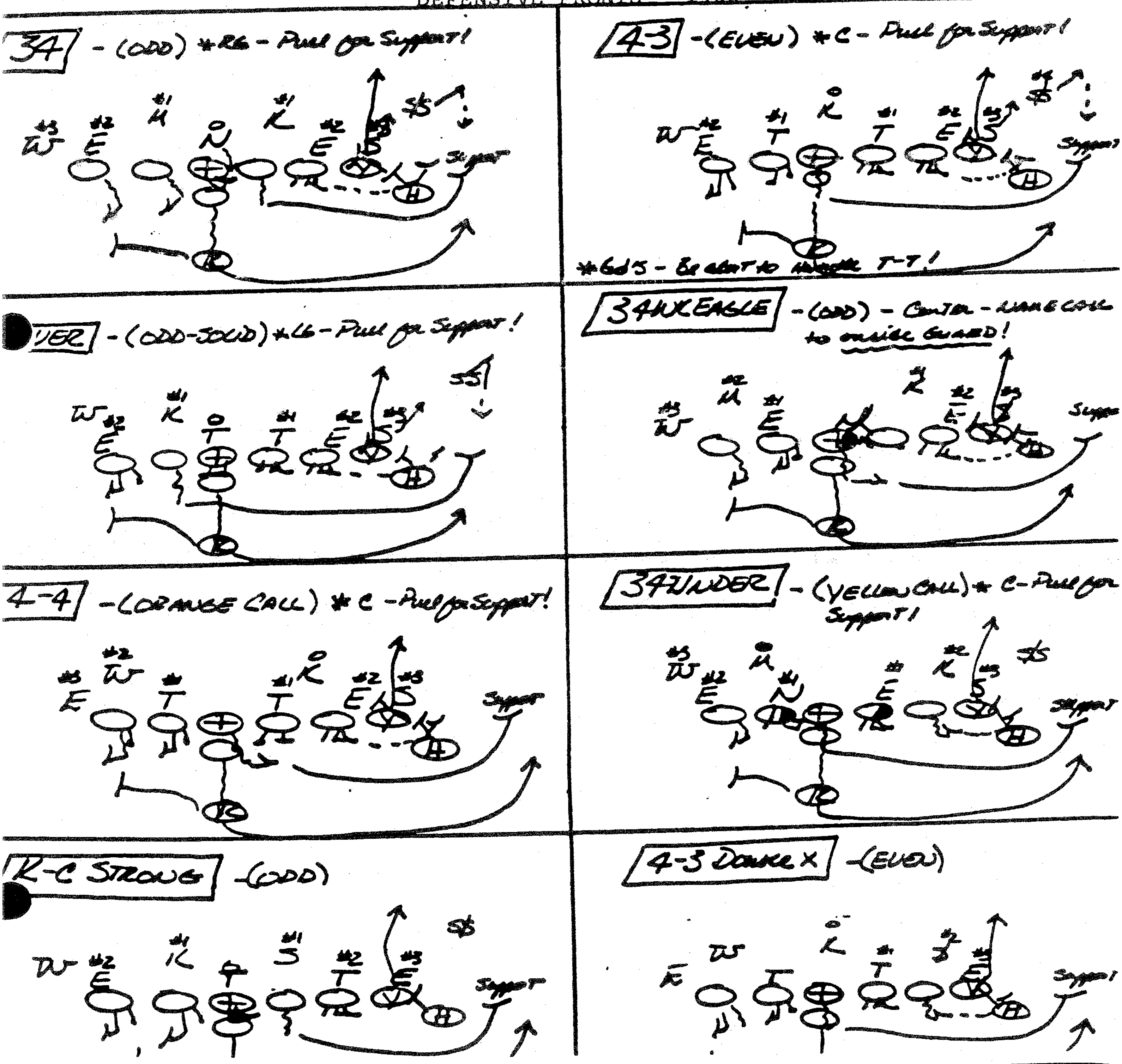
PASSING GAME

PROTECTION:

DASH PROTECTION

"DASH" is our DROP ROLL protection off of dropback action by our Quarterback. Quarterback will drop back 5 steps and then roll towards the protection call side. "DASH" will always be run towards the "H-BACK'S" side and he will be given a blocking responsibility.

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION:

DASH PROTECTION

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the PROTECTION CALL SIDE - Example: DASH RIGHT - ONSIDE is right side; DASH LEFT - ONSIDE is left side! This protection is different than our other drop back protections (REGULAR; "OH'S"; HI-LO; SCAT; SCRAM; OPTION) in that the Quarterback will "ROLL" towards the call side after initially showing drop back action. Because of the Quarterback's rolling action, we always want to provide a PERSONAL ESCORT for him. This will mean that we will PULL an uncovered lineman out of the middle.

✓C MAN BLOCKING - "0" - (DROP BACK PROTECTION TECHNIQUE). Versus an even call - explode back off the LOS - approximately 1 to 1½ yards deep - check linebacker - if he is not "blitzing" - PULL towards the point of attack outside the "H-BACK'S" block and look for SUPPORT - you are a personal escort for the Quarterback!

CALLS TO BE ALERT FOR:

a) ODD or EVEN CALL - Your call - to determine the alignment of the defense and which uncovered lineman is the PERSONAL ESCORT MAN!

  1) ODD - Covered by a down lineman - set towards call side.

  2) EVEN - Covered by a linebacker - PULL!

b) ORANGE or YELLOW CALL - Your call - when uncovered - call to determine which side you are counting "0". ORANGE - to the right; YELLOW - to the left! Versus - 3 DOWN LINEMEN - make color call to the side the nose/tackle aligns. Versus - 4 DOWN LINEMEN - make the color call to the side that "Mike" aligns. If the "MIKE" has been substituted for such as in 3rd down looks (NICKEL; DIME; or QUARTER LOOKS) make the call to the PROTECTION CALL SIDE!

c) SWAP CALL - Set to block the defender aligned on the onside guard - AREA BLOCKING with the guard. Be prepared to handle a T-T TWIST - as you set, if the defender aligned on the guard LOOPS backside - rock back towards the offside guard and make a SWITCH CALL! NOTE: SWAP CALL will only come after an orange or yellow call.

d) NAME CALL - Your call - if covered by a down lineman and this defender is shaded towards the protection call side - make a NAME CALL to the onside guard. ONSIDE GUARD will block down aggressively on the defender aligned on you - explode back off LOS - approximately 1 to 1½ yards deep - check linebacker and pull towards point of attack - be a personal escort for the QB.

e) ODD-SOLID - Your call - if covered by a down lineman and onside guard is covered by a down lineman - call is to alert the OFF GUARD to set back - check linebacker and PULL towards the point of attack. Set to call side - be prepared to handle a T-T TWIST with onside guard.

f) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING. ROCK-IT - slide right; LOAD-IT - slide left! Your call - if covered by a down lineman and onside guard and tackle covered by down lineman and linebacker stacked in general area onside. Always make the call to PROTECTION CALL SIDE. NOTE: If no one comes into your "AREA" - pull -- getting some depth to the point of attack looking for SUPPORT!

ON G MAN BLOCKING - #1 - (DROP BACK PROTECTION TECHNIQUE) - Versus an odd call - explode back off LOS - approximately 1 to 1½ yards deep - check linebacker - if he is not blitzing - PULL towards the point of attack outside the "H-BACK'S" block and look for SUPPORT - you are a personal escort for the Quarterback!

CALLS TO BE ALERT FOR:

a) EVEN CALL - Set inside to block #1 - unless he is aligned in a loose 3 technique. Be prepared to handle a T-T TWIST - as you set, if the defender aligned on you LOOPS backside - keep sliding flat to inside and make a SWITCH CALL to offside guard and switch off!

b) SWAP CALL - Your call - in conjunction with an ORANGE or YELLOW CALL by center - AREA BLOCKING with center! If the call is your side and the linebacker or 1st blitzer is threatening the 3 gap - make SWAP CALL - set back to block the linebacker - if he drops - PULL towards the point of attack outside the H-Back's block and look for SUPPORT!

c) NAME CALL - Center calls your name - explode onside to block the nose/tackle - step with your near foot towards the hip of the nose/tackle - if the hip goes away, throttle down and get under control -- look for a blitz or twist coming from the BACKSIDE!

d) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING. ROCK-IT - slide right; LOAD-IT - slide left! Open out and slightly back on your set - block any defender that rushes into your "AREA". NOTE: If no one comes into your "AREA" - pull -- getting some depth to the point of attack looking for SUPPORT!

✓ON T MAN BLOCKING - #2 - (DROP BACK PROTECTION TECHNIQUE). If #2 is a linebacker - set back and slide towards the defensive end. As you set, "eyeball" the linebacker - if he drops try to meet the defensive end square. When you feel the "H-BACK" make contact - step around this block and look for the scrape-off linebacker.

CALLS TO BE ALERT FOR:

a) ORANGE or YELLOW CALL - Color call your side - disregard the first linebacker in your counting as he is "0". Set to block #2 - who will usually be the defensive end!

b) ODD-SOLID CALL - An alert to you that the first line-backer or blitzer to your side is #2. If linebacker is aligned inside of you - explode back off LOS using an inside set - "eyeball" the linebacker - if he drops help on the defensive end or pick up the TRASH inside!

c) ROCK-IT or LOAD-IT - Set to block the defensive end. When you feel the "H-BACK" make contact - step around this block and look for the scrape-off linebacker.

OFF G MAN BLOCKING - #1 - (DROP BACK PROTECTION TECHNIQUE). If #1 is a linebacker - set back approximately 1 to 1½ yards deep - use an inside set as if to SWING-THE-GATE. If #1 is a down lineman - use onside set - be prepared to handle a T-T TWIST - if the defender on you LOOPS onside - keep sliding flat to onside and make a SWITCH CALL to onside guard and switch off. AREA BLOCK all backside TWISTS (T-E; E-T) with the offside tackle! (SWING-THE-GATE).

CALLS TO BE ALERT FOR:

a) ODD-SOLID - Center is telling you to set back approx-imately 1 to 1½ yards deep - check linebacker - if he is not blitzing - PULL towards the point of attack outside the "H-BACK'S" block and look for SUPPORT!

b) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING. ROCK-IT - slide right; LOAD-IT - slide left! Use a lateral set to block the defender aligned on the center. If his hip goes away-be alert for someone twisting or blitzing back into your area!

OFF T MAN BLOCKING - #2 - (DROP BACK PROTECTION TECHNIQUE). Always use an inside set as if to SWING-THE-GATE. This is a deeper set than we normally take. This will allow us to AREA BLOCK all backside twists and blitzes!

"Y" ✓ Run Pattern Called!

"R-BACK" ✓ Responsible for first rusher outside of the offside O.T. Back will want to get to a point 2-3 yards behind the O.T. (who will swing-the-gate) and on his inside hip. This position will let you check your primary responsibility and then, if no one comes, help or any unblocked rusher that may be free.

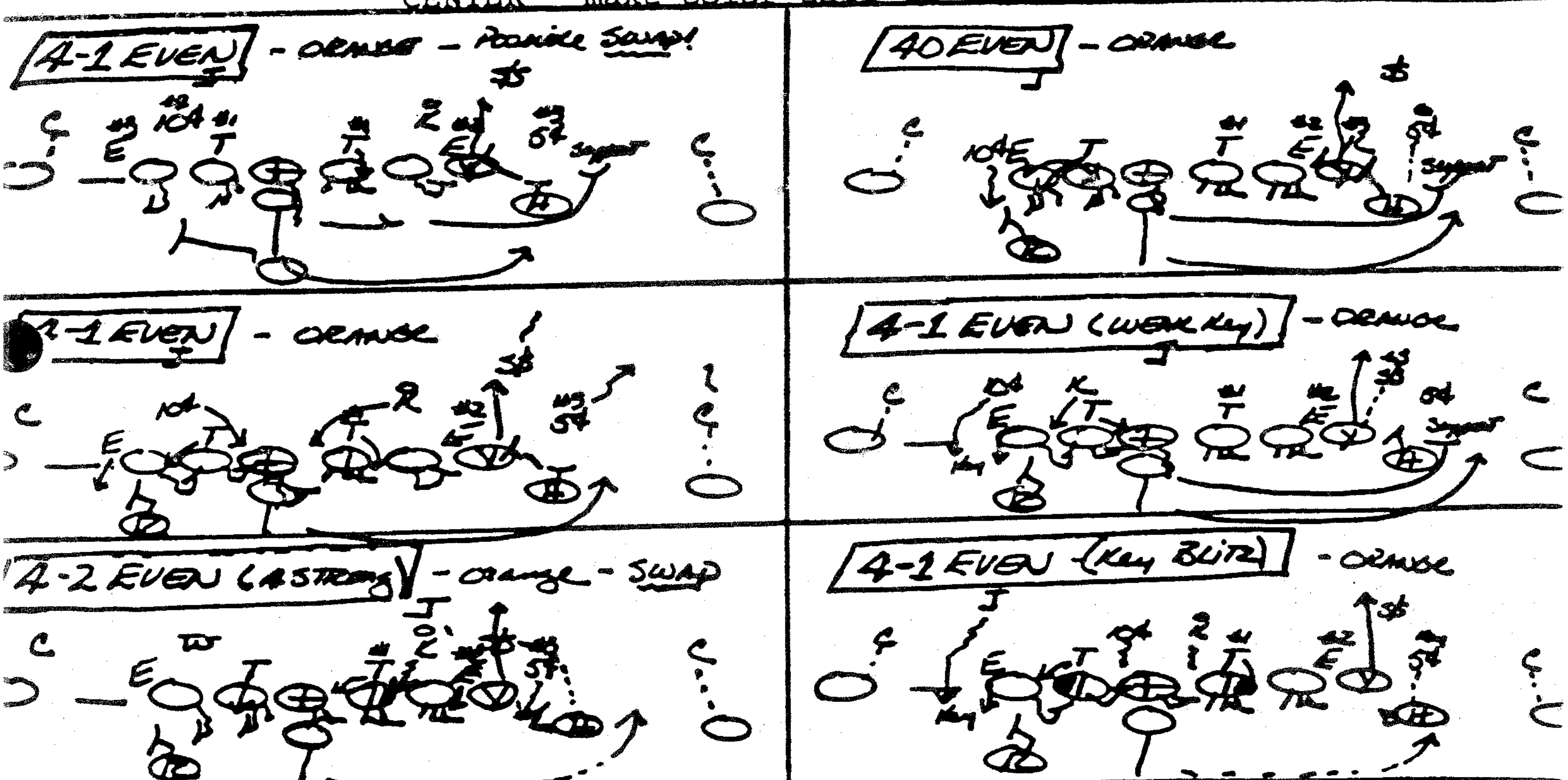
"H-BACK" ✓ MAN BLOCKING - #3 - #3 drops - set the wall - block #3 as he shows - area all twists.

SPECIAL SITUATIONS - 3RD AND MEDIUM TO LONG

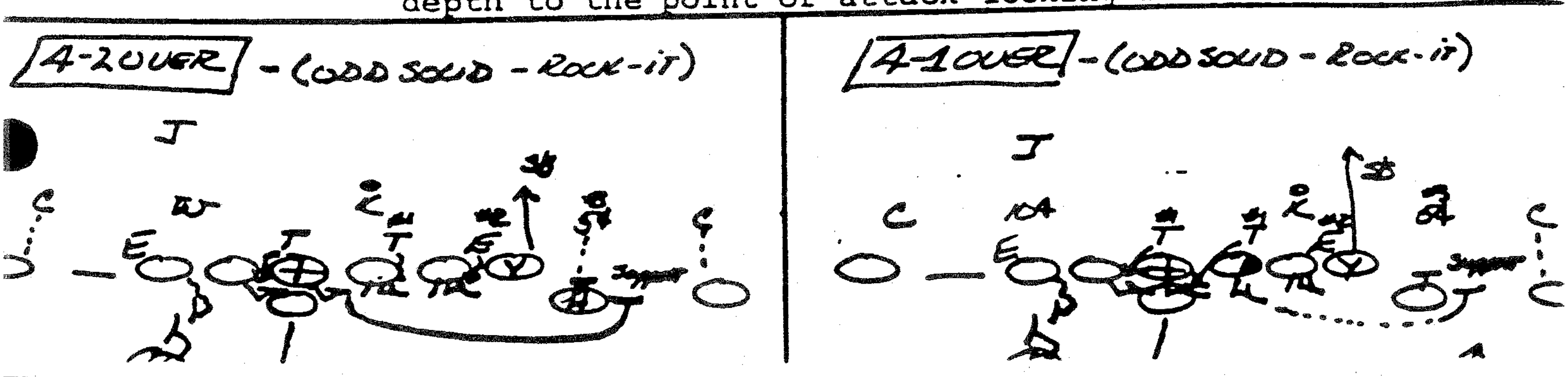
(DASH PROTECTION VS NICKEL; DIME; QUARTER LOOKS)

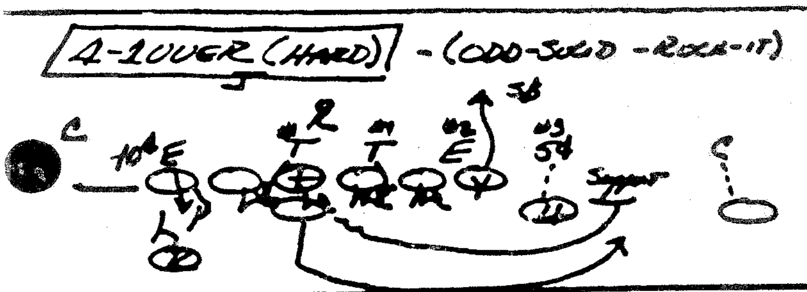
DASH and SPRINT are excellent protections to help slow down the defensive rush or get away from the internal blitzes that defenses may employ in their 3rd down package. These two protections allow our QB to break contain and put pressure on the secondary with a run-pass option. In a definite passing situation (2nd and long or 3rd and medium or long) our center will alert the offensive line to remain in a PRE-SET position with a RACE HORSE CALL. Whether they have NICKEL; DIME; or QUARTER personnel in the game will not affect how we make our calls!

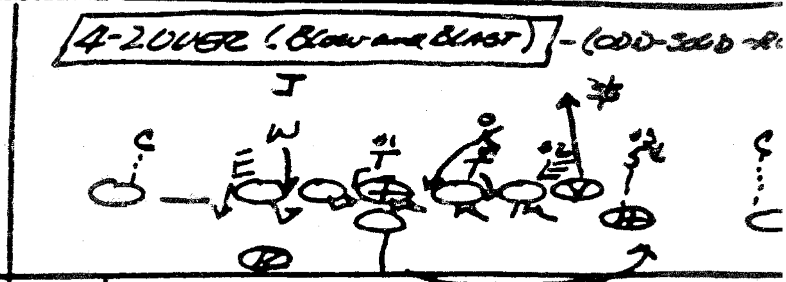
a) EVEN LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - make color call to the PROTECTION CALL SIDE!

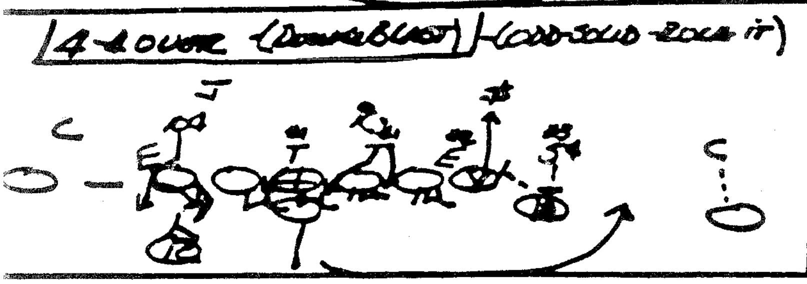


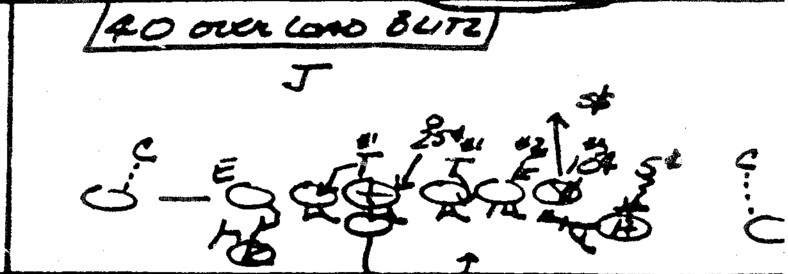
b) OVER LOOKS - 4 DOWN PERSONNEL -(Nickel; Dime; Quarter). CENTER - make an ODD SOLID CALL with a Rock-it or Load-it call - when covered by a down lineman and onside guard and tackle covered by down lineman and BLITZER stacked in general area! NOTE: CENTER and ONSIDE GUARD -- if no one rushes into your "AREA" - pull -- getting some depth to the point of attack looking for SUPPORT!



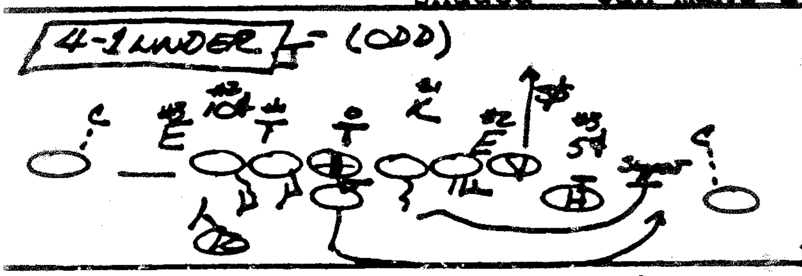


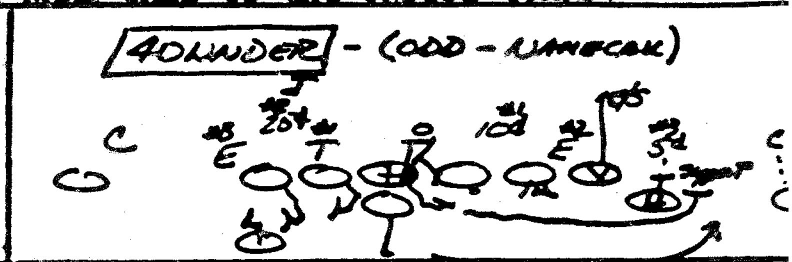


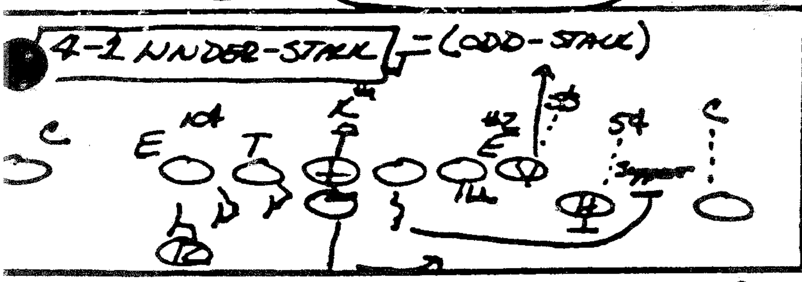


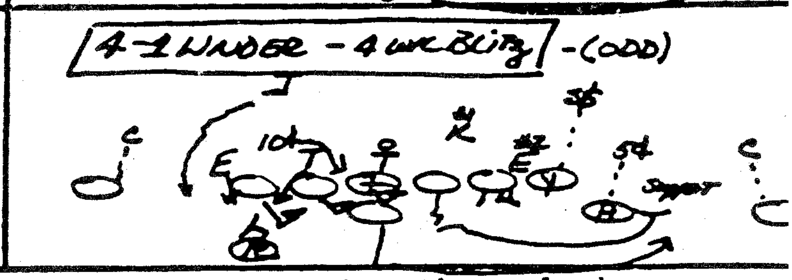


c) UNDER LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - make an ODD CALL - if defender on you is shaded - can make a NAME CALL to the ONSIDE GUARD!

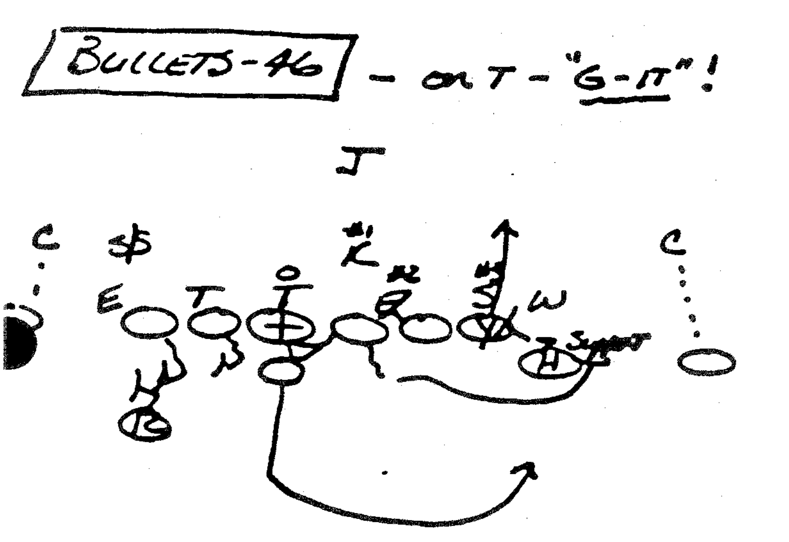


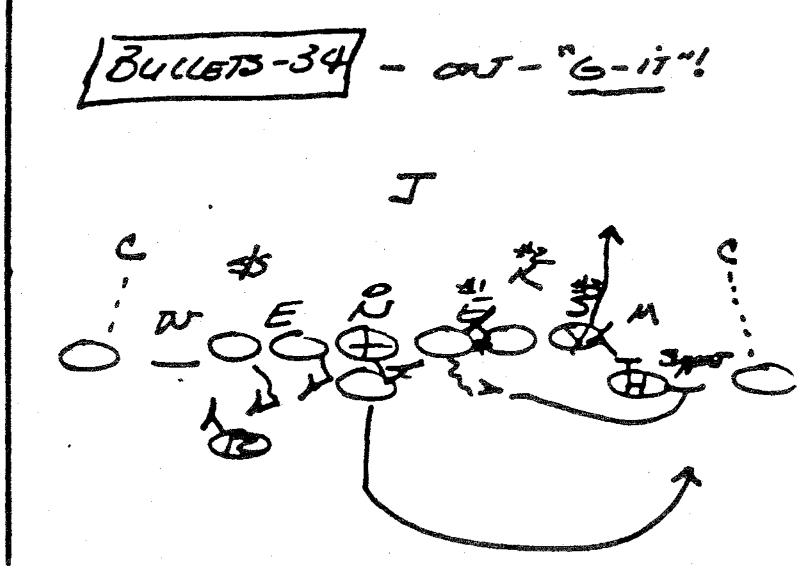






d) BASTARD LOOKS - 3 or 4 DOWN PERSONNEL - these looks require special blocking and the CENTER will alert the team by making a BULLETS CALL. The ONSIDE tackle will then make a call of G-IT. The tackle will explode onside to "PIN" the 3 technique and onside guard will set back - check first blitzer to protection call side and then PULL for support!

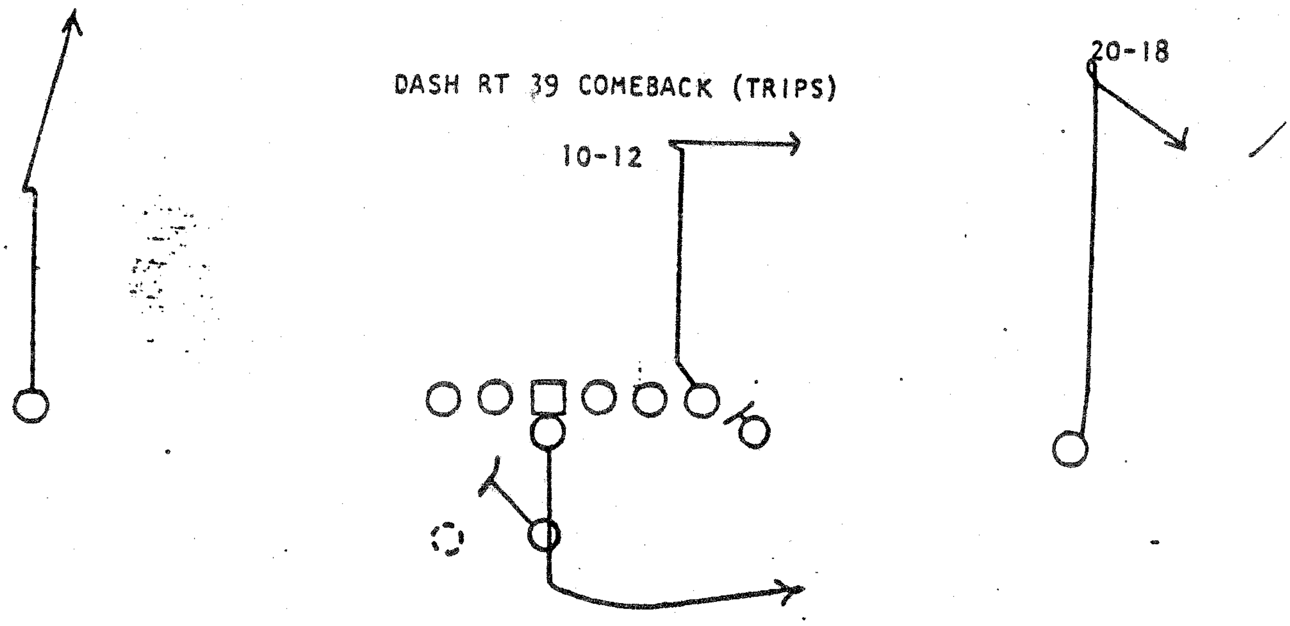




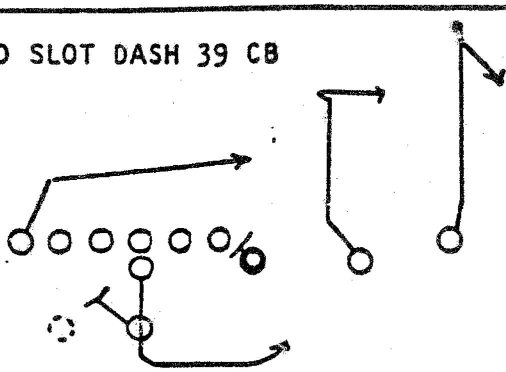
DASH

39 CB (Screen)
Fake 72
"H" 7 "R" Hide
Zero 87

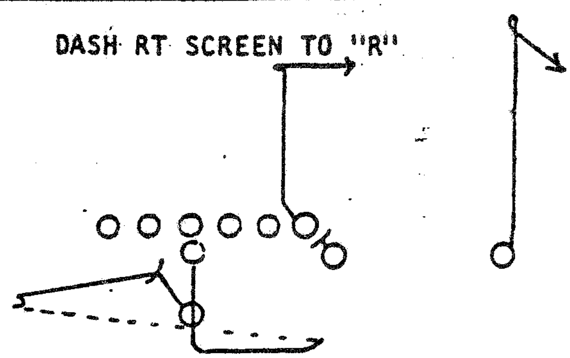
DASH RT 39 COMEBACK (TRIPS)

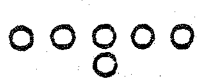


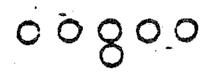
SPREAD SLOT DASH 39 CB



DASH RT SCREEN TO "R"







KEY COACHING POINTS

QB = 5 step drop and roll to call with depth to numbers, read inside/out and throw off underneath coverage. Run/pass option; can throw adj. vs. W/S blitz.

R = Check 1st linebacker inside/out not counting Mike, swing the gate vs. inside blitz.
H = Dash Protection
Y = Route called (3) backside 2 route
Z = Route called (9 Comeback) (3 route slot)
X = Blitz adjust vs. W/S blitz route called (8)

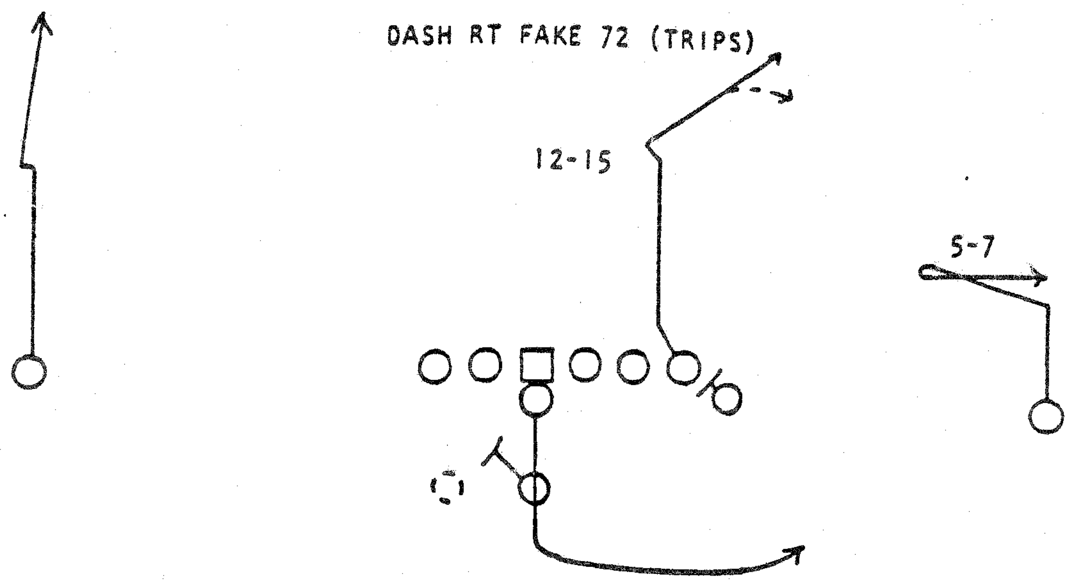
PROTECTION

Dash

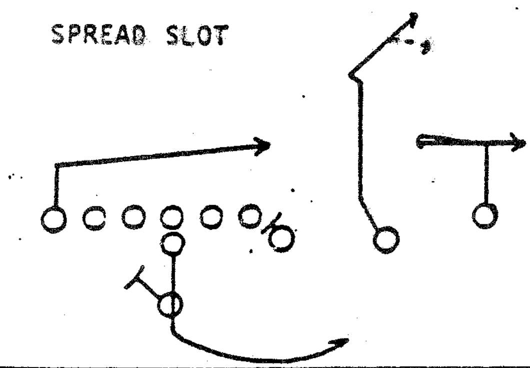
FORMATIONS

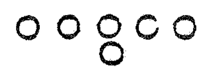
Trips
Trips Fake Whiz
Spread Motion
Trips Fake Zoom
Trips Fly
Hip
Spread Slot
Trips Slot Whiz
Dart Slot

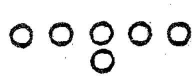
DASH RT FAKE 72 (TRIPS)

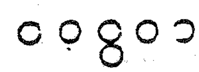


SPREAD SLOT









KEY COACHING POINTS

QB = 5 step drop and roll to call with depth to numbers, read inside/out deep to short and throw off underneath coverage. Run/ Pass option.

R = 1st linebacker inside/out not counting Mike, swing the gate vs. inside blitz.

H = Dash Protection

Y = Route called (7), (2 Route backside)

Z = Route called (Fake 2) no adjustment vs. press (Slot 7)

X = Blitz adjust vs. W/S blitz
8 route, (Slot Fake 2)

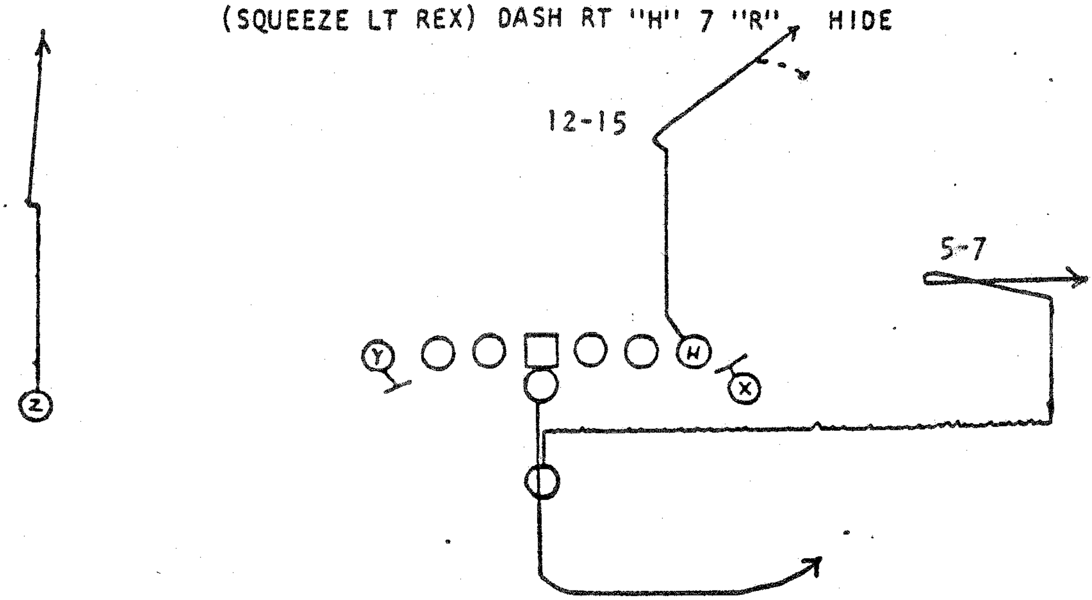
PROTECTION

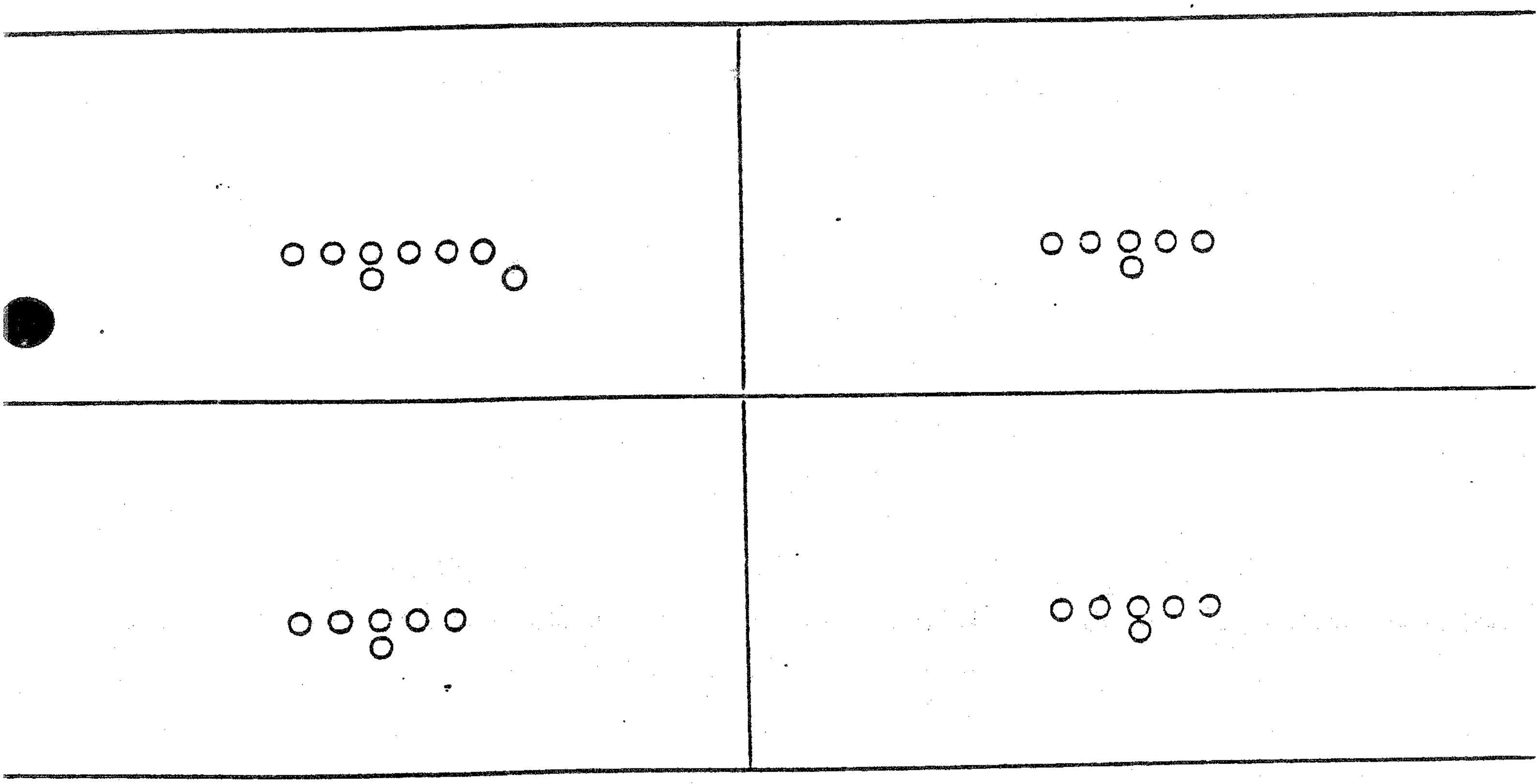
Dash

FORMATIONS

Trips
Trips Fake Whiz
Spread Motion
Trips Zoom
Trips Fake Zoom
Trips Fly
Hip
Spread Slot
Trips Slot Whiz
Dart Slot

(SQUEEZE LT REX) DASH RT "H" 7 "R" HIDE





KEY COACHING POINTS

QB = 5 step drop and roll to call with depth to numbers, read inside/out deep to short and throw off underneath coverage. Run/pass option.

R = Rex run Fake 2, no adjustment vs. press
H = Route called (7)
Y = Dash protection backside
Z = 8 route
X = Dash protection

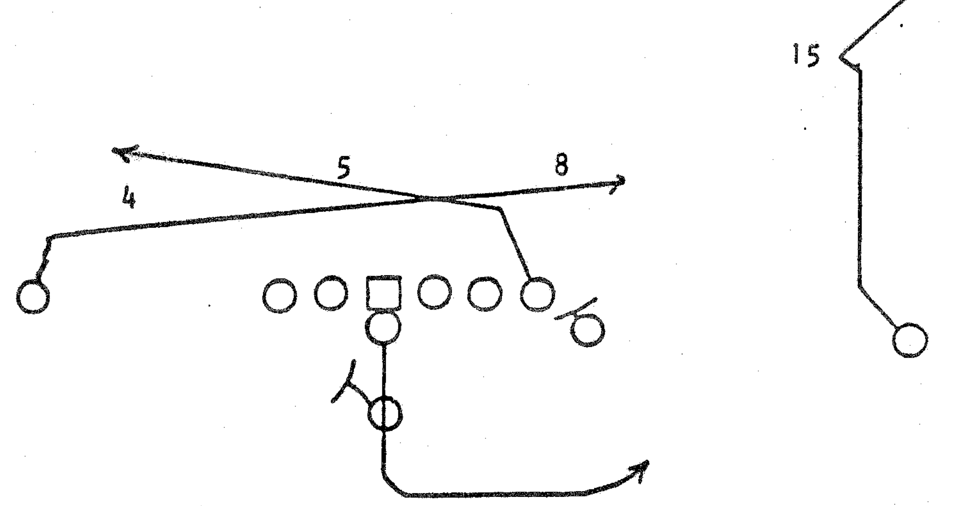
PROTECTION

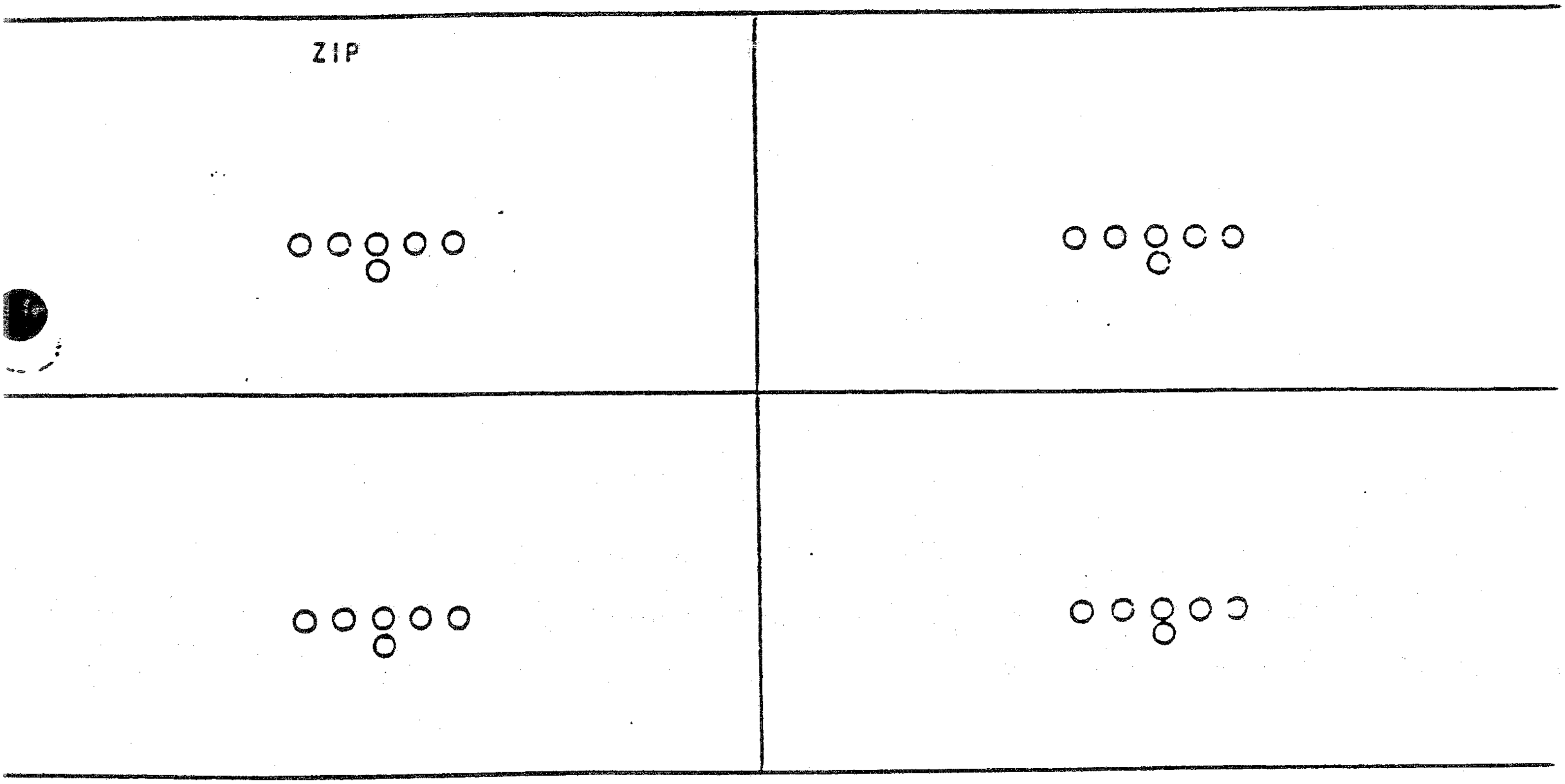
Dash

FORMATIONS

Squeeze Rex/Lex

DASH RT ZERO 87 (TRIPS)





KEY COACHING POINTS

QB = 5 step drop and roll to call with depth to numbers; read deep to short and throw off underneath coverage; run/pass option; can throw blitz adj.

R = Check 1st linebacker inside/out not counting Mike; swing gate vs. inside blitz.

H = Dash Protection, Check Sam N/T, Clean off tackle

Y = 2 Route

Z = 7 Route

X = Blitz adjustment vs. W/S Blitz Run cross underneath Y

PROTECTION

Dash

FORMATIONS

Trips
Trips Fake Whiz
Spread Motion
Trips Zoom
Trips Zip

TABLE OF CONTENTS

(SPRINT PASSING)

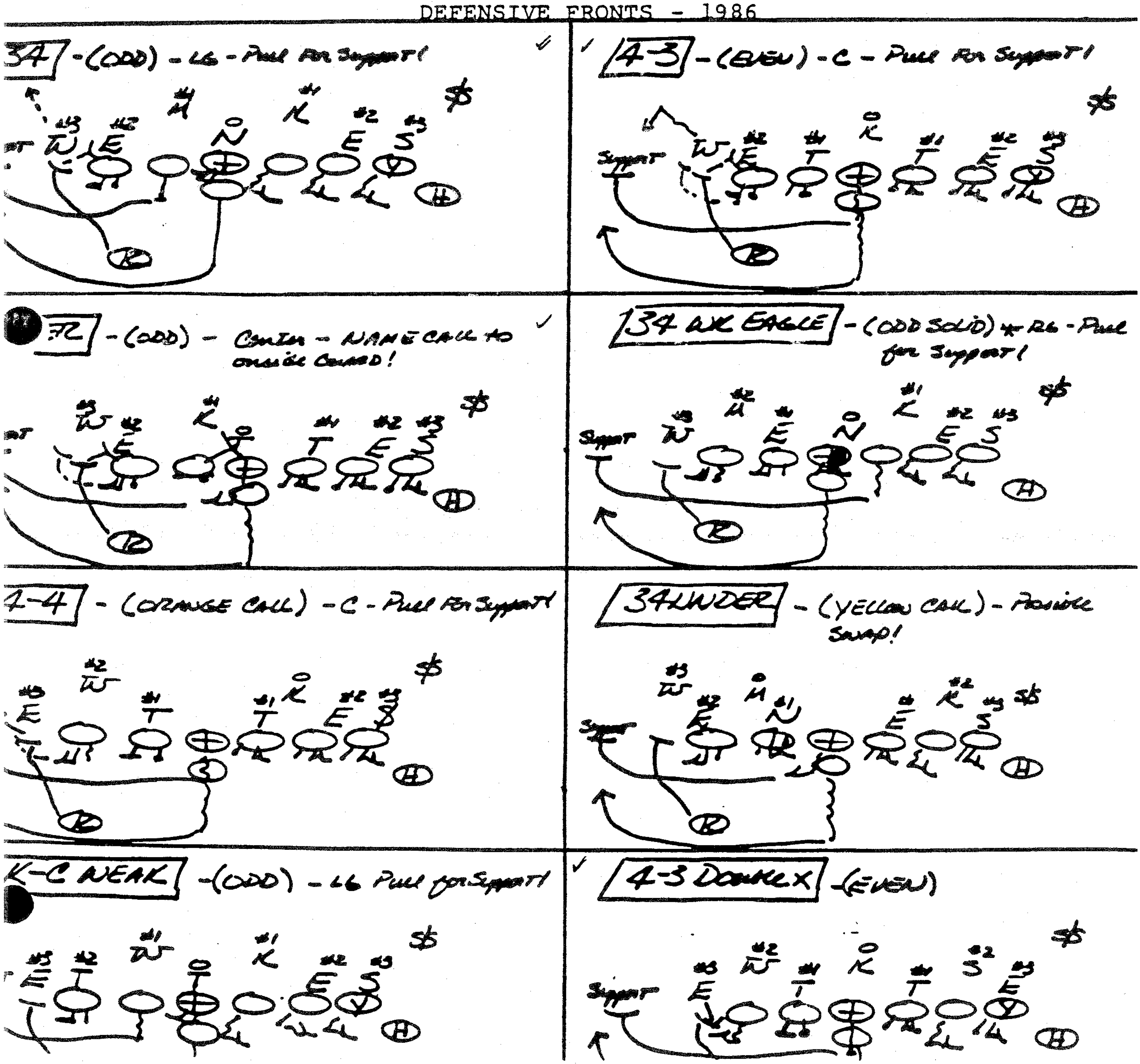
PASSING GAME

PROTECTION:

SPRINT PROTECTION

"SPRINT" is DROP ROLL protection to the OPEN END side of the formation. It is similar to DASH in that the Quarterback will drop back 5 steps and then roll towards the protection call side. Our "R-BACK" will have a DUAL READ - if the outside linebacker drops he will wipe-off the defensive end.

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION:

SPRINT PROTECTION

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the PROTECTION CALL SIDE - Example: SPRINT RIGHT - ONSIDE is right side; SPRINT LEFT - ONSIDE is left side!

C MAN BLOCKING - "0" - (DROP BACK PROTECTION TECHNIQUE). Same as DASH PROTECTION!

CALLS TO BE ALERT FOR:

a) ODD or EVEN CALL - Your call - to determine the alignment of the defense and which uncovered lineman is the PERSONAL ESCORT MAN!

b) ORANGE or YELLOW CALL - Your call - when uncovered - call to determine which side you are counting "0". ORANGE - to the right; YELLOW - to the left! Versus - 3 DOWN LINEMEN - make color call to the side the nose/ tackle aligns. Versus 4 DOWN LINEMEN - make the color call to the side that "Mike" aligns. If the "MIKE" has been substituted for such as in 3rd down looks (NICKEL; DIME; or QUARTER LOOKS) make the call to the PROTECTION CALL SIDE!

c) SWAP CALL - Set to block the defender aligned on the onside guard - AREA BLOCKING with the guard. Same as DASH PROTECTION!

d) NAME CALL - Your call - if covered by a down lineman and this defender is shaded towards the protection call side - make a NAME CALL to the onside guard. Same as DASH PROTECTION!

e) ODD-SOLID - Your call - if covered by a down lineman and onside guard is covered by a down lineman - call is to alert the OFF GUARD to set back - check linebacker and PULL towards the point of attack. Same as DASH PROTECTION!

f) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING. ROCK-IT - slide right; LOAD-IT - slide left! Your call - if covered by a down lineman and onside guard and tackle covered by down lineman and linebacker stacked in general area onside. Same as DASH PROTECTION!

ON G MAN BLOCKING - #1 -(DROP BACK PROTECTION TECHNIQUE). Same as DASH PROTECTION!

CALLS TO BE ALERT FOR:

a) EVEN CALL - Set onside to block #1 - unless he is aligned in a loose 3 technique. Be prepared to handle a T-T TWIST. Same as DASH PROTECTION!

b) SWAP CALL - Your call - in conjunction with an ORANGE or YELLOW CALL by center- AREA BLOCKING with center! Same as DASH PROTECTION!

c) NAME CALL - Center calls your name - explode inside to block the nose/tackle. Step with your near foot towards the hip of the nose/tackle - if the hip goes away, throttle down and get under control! Same as DASH PROTECTION!

d) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING - ROCK-IT - slide right; LOAD-IT - slide left! Open out and slightly back on your set - block any defender that rushes into your "AREA". Same as DASH PROTECTION!

ON T MAN BLOCKING - #2 - (DROP BACK PROTECTION TECHNIQUE). If #2 is a linebacker - set back and slide towards the defensive end. As you set, "eyeball" the linebacker - if he drops try to meet the defensive end square. When you feel the "R-Back" make contact - step around this block and look for the scrape-off linebacker.

CALLS TO BE ALERT FOR:

a) ORANGE or YELLOW CALL - Color call your side - disregard the first linebacker in your counting as he is "0". Set to block #2 - who will usually be the defensive end! Same as DASH PROTECTION!

b) ODD-SOLID CALL - An alert to you that the first linebacker or blitzer your side is #2. If the linebacker or blitzer your side is #2 and he is aligned inside of you - explode back off LOS using an inside set - eyeball the linebacker - if he drops help on the defensive end or pick up the TRASH onside!

✓ c) ROCK-IT or LOAD-IT - Set to block the defensive end while "eyeballing" linebacker aligned on or outside of you.

OFF G MAN BLOCKING - #1 - (DROP BACK PROTECTION TECHNIQUE). If #1 is a linebacker - set back approximately 1 to 1½ yards deep - use an onside set as if to SWING-THE-GATE. Same as DASH PROTECTION!

CALLS TO BE ALERT FOR:

a) ODD-SOLID - Center is telling you to set back approximately 1 to 1½ yards deep - check linebacker - if he is not blitzing - PULL towards the point of attack outside the "R-BACK'S" block and look for SUPPORT!

b) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING. ROCK-IT - slide right; LOAD-IT - slide left! Use a lateral set to block the defender aligned on the center. If his hip goes away- be alert for someone twisting or blitzing back into your area!

OFF T — MAN BLOCKING - #2 - (DROP BACK PROTECTION TECHNIQUE). Always use an onside set as if to SWING-THE-GATE. This is a deeper set than you normally take. This will allow us to AREA BLOCK all backside twists and blitzes!

/ "Y" — MAN BLOCKING #3 (DROPBACK PROTECTION TECHNIQUE). Always use an inside set as if to swing-the-gate. This is a deeper set than you normally take. This will allow you to AREA BLOCK all backside twists and blitzes.

/ "R-BACK" — Use a weak "T" alignment and aggressively attack #3 man on the LOS. Be alert for center's call to help you determine your count. If #3 doesn't cross the LOS, turn back to the inside and scrape off the OT's man.

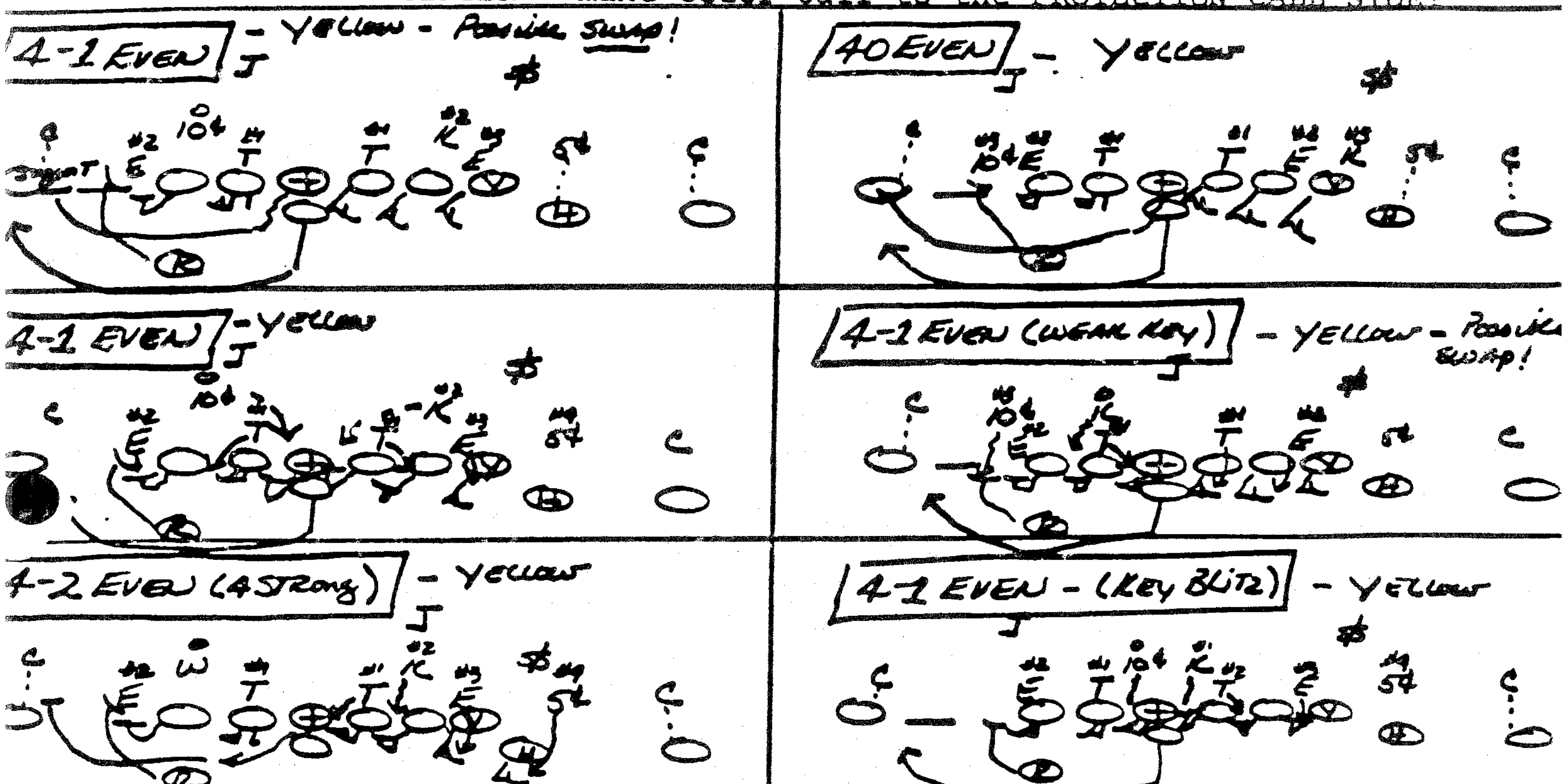
/ "H-BACK" — Run Pattern Called!

SPECIAL SITUATIONS - 3RD AND MEDIUM TO LONG

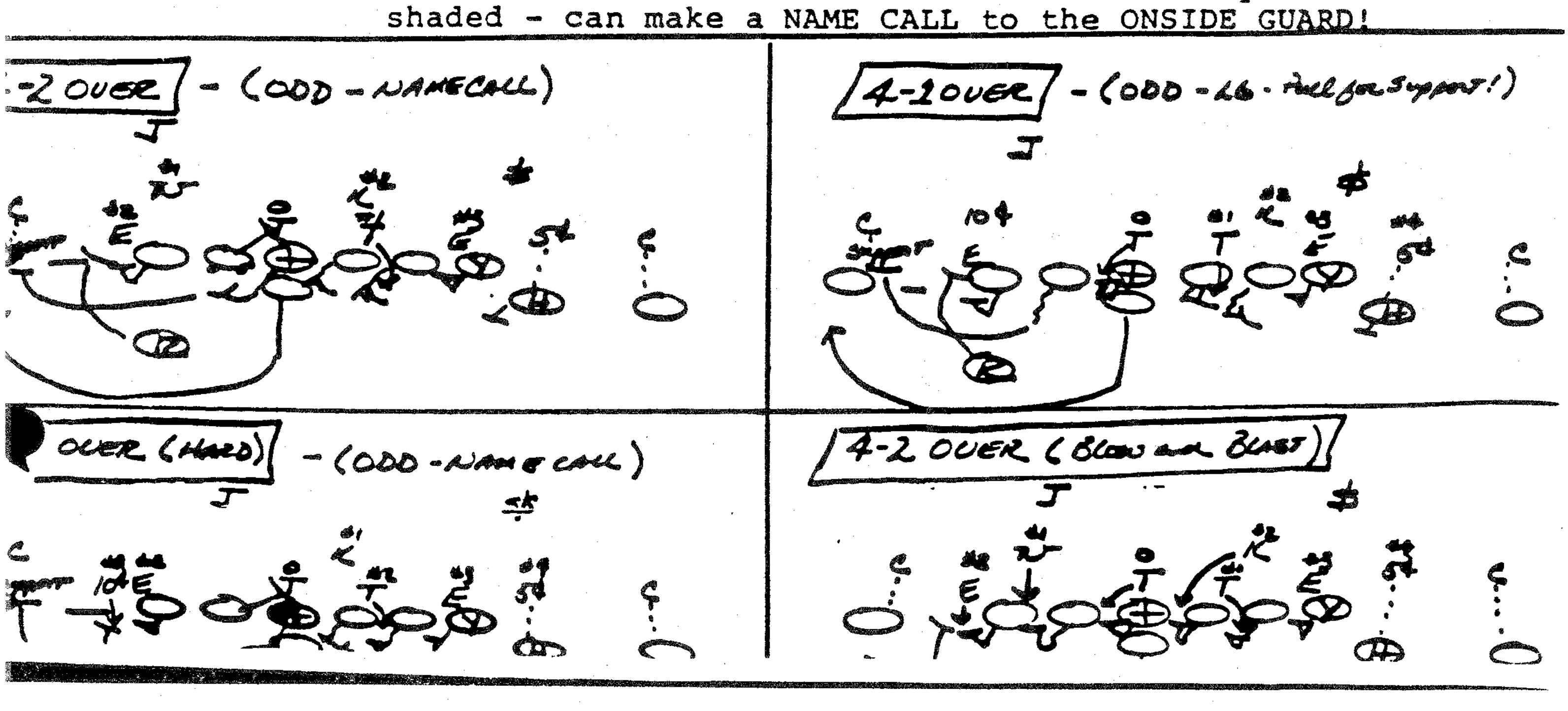
(SPRINT PROTECTION VS NICKEL; DIME; QUARTER LOOKS)

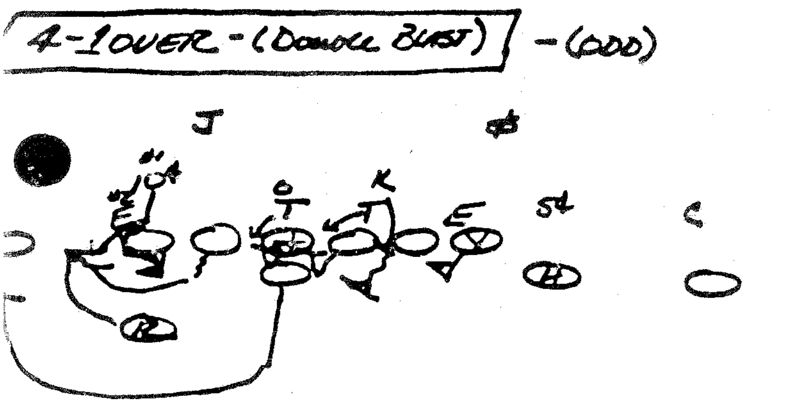
In a definite passing situation (2nd and long or 3rd and medium or long) our center will alert the offensive line to remain in a PRE-SET position with a RACE HORSE CALL. Whether they have Nickel; Dime; or Quarter Personnel in the game will not affect how we make our calls!

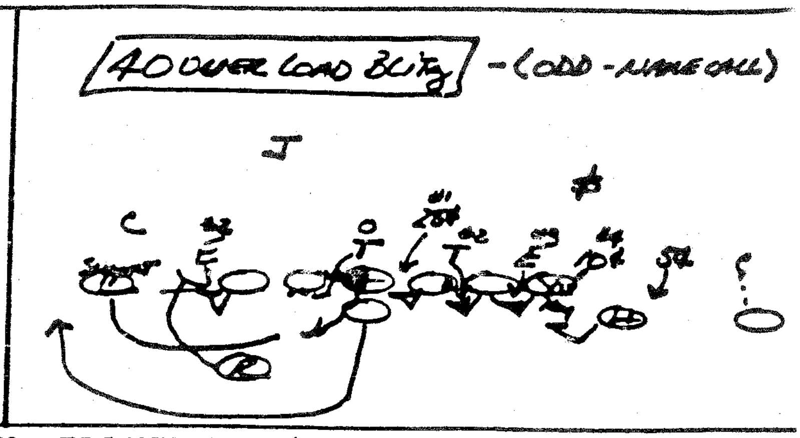
a) EVEN LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; or Quarter). CENTER - make color call to the PROTECTION CALL SIDE!



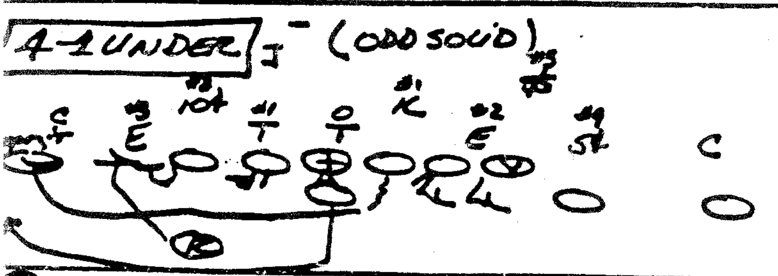
b) OVER LOOKS - 4 DOWN PERSONNEL -(Nickel; Dime; Quarter). CENTER - make an ODD CALL - if defender on you is shaded - can make a NAME CALL to the ONSIDE GUARD!

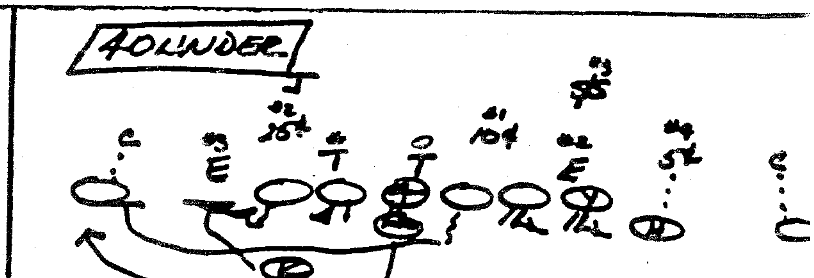


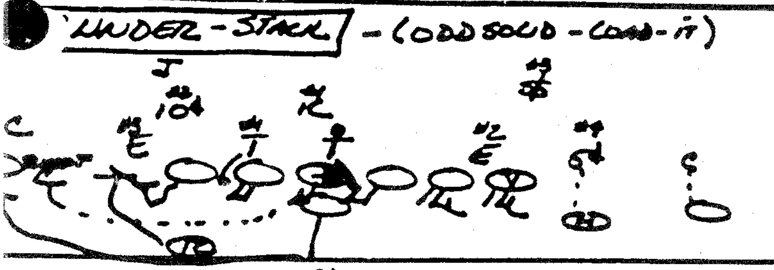


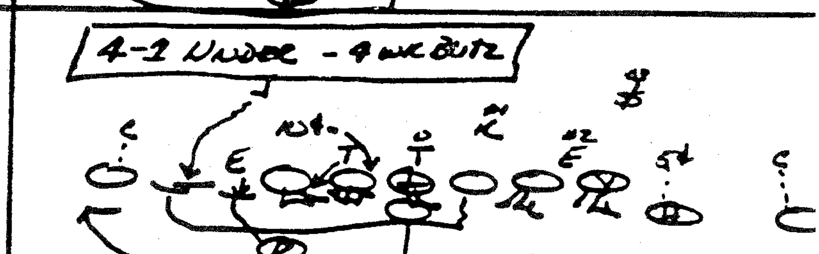


c) <u>UNDER LOOKS</u> - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - make an ODD SOLID CALL with a Rock-It or Load-It Call if two (2) or more blitzers aligned to the protection call side and the onside guard and tackle are covered by down linemen! NOTE: CENTER and ONSIDE GUARD -- if no one rushes into your "AREA" - pull -- getting some depth to the point of attack looking for SUPPORT!

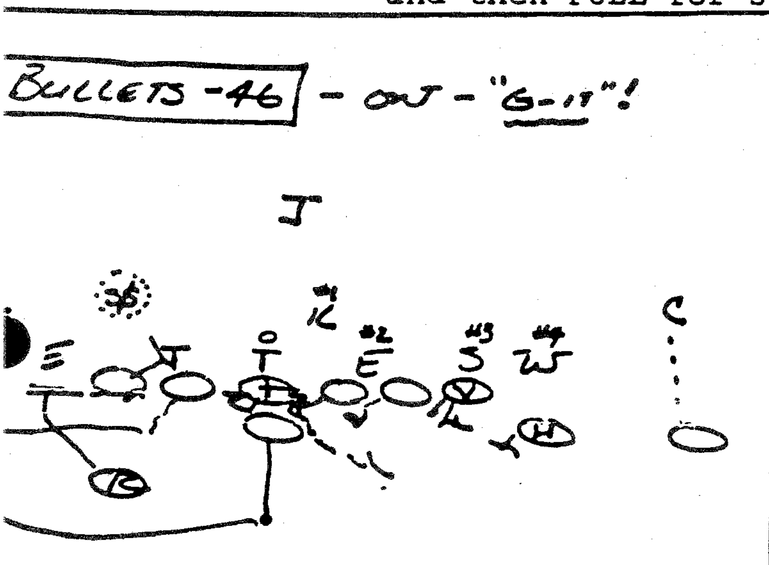


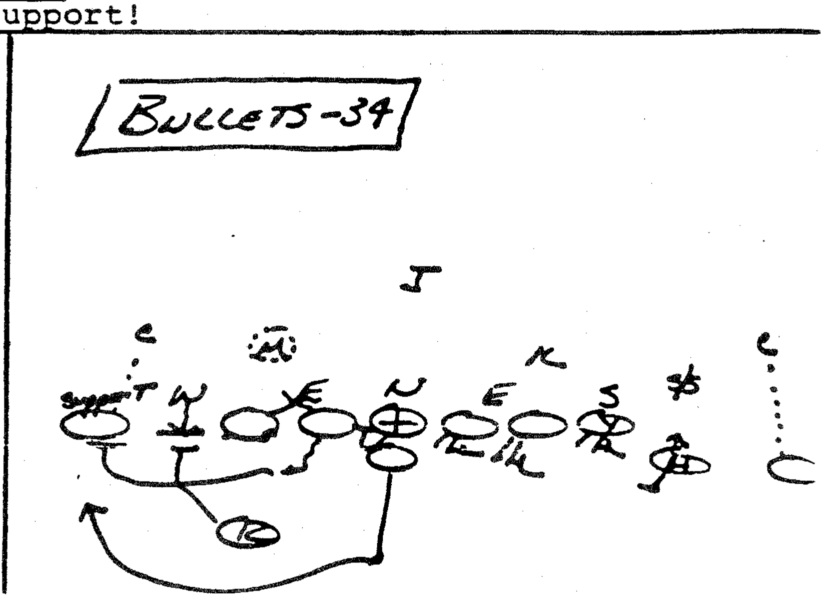






d) <u>BASTARD LOOKS</u> - 3 or 4 DOWN PERSONNEL - These looks require special blocking and the center will alert the team by making a BULLETS CALL. The ONSIDE TACKLE will then make a call of G-IT. The tackle will explode onside to "PIN" the 3 technique and onside guard will set back - check <u>first</u> blitzer to protection call side and then PULL for support!

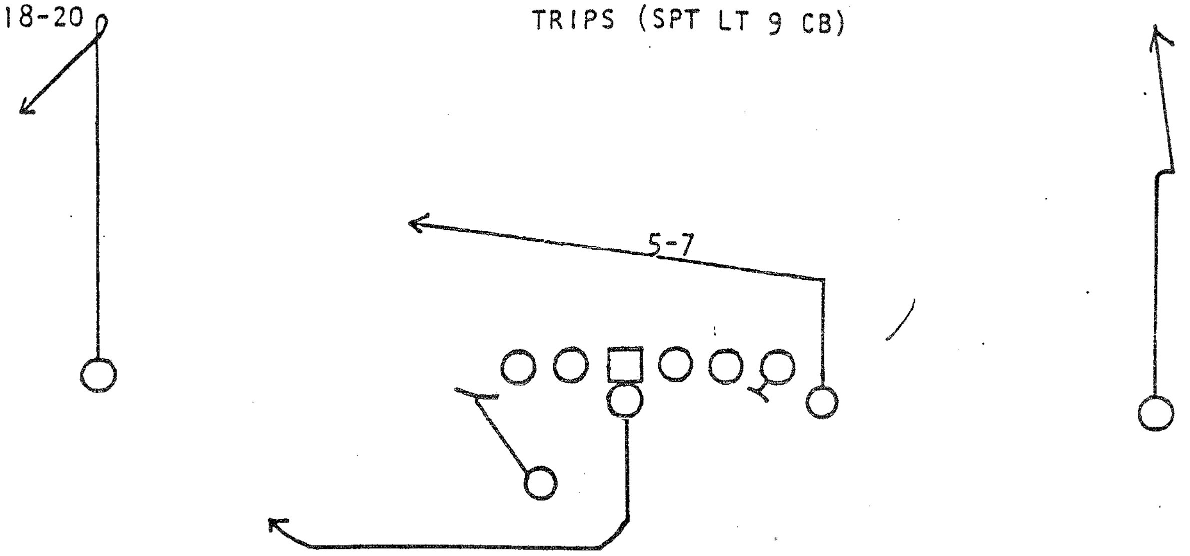




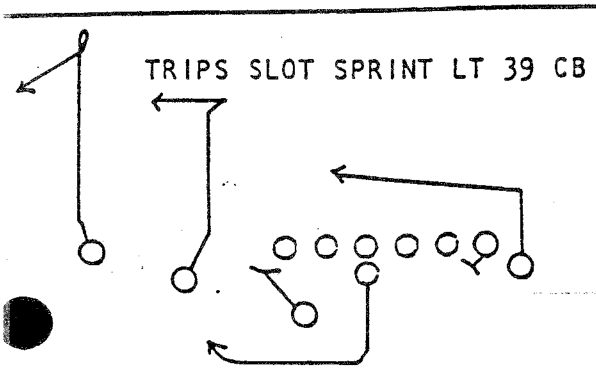
SPRINTS

9 CB (Screen)
39 CB
3 "H" Comeback
7 "H" Hide
Fake 72
Fake 2

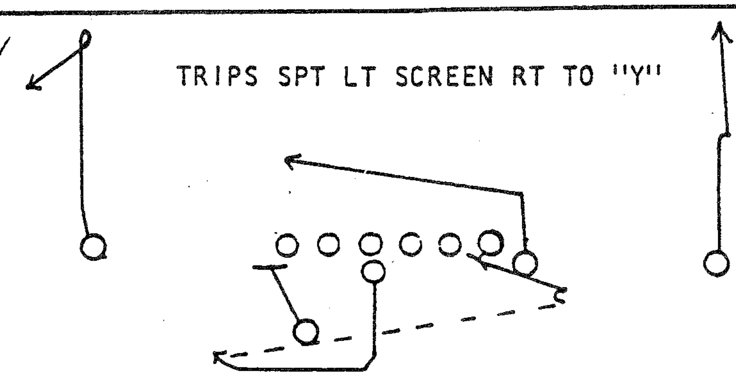
TRIPS (SPT LT 9 CB)



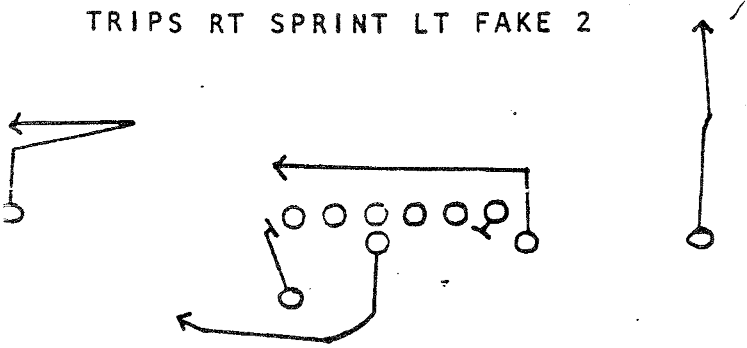
TRIPS SLOT SPRINT LT 39 CB

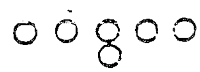


TRIPS SPT LT SCREEN RT TO "Y"



TRIPS RT SPRINT LT FAKE 2





KEY COACHING POINTS

QB = 5 steps drop and roll with depth to call, work outside/in deep to short and throw off underneath coverage. Run/pass option; Z by game plan only; no blitz adjustments.

R = Ck Will, N/T clean off outside rusher
H = Over route
Y = Backside sprint protection
Z = 8 Backside (fade) (3 frontside)
X = 9 Comeback

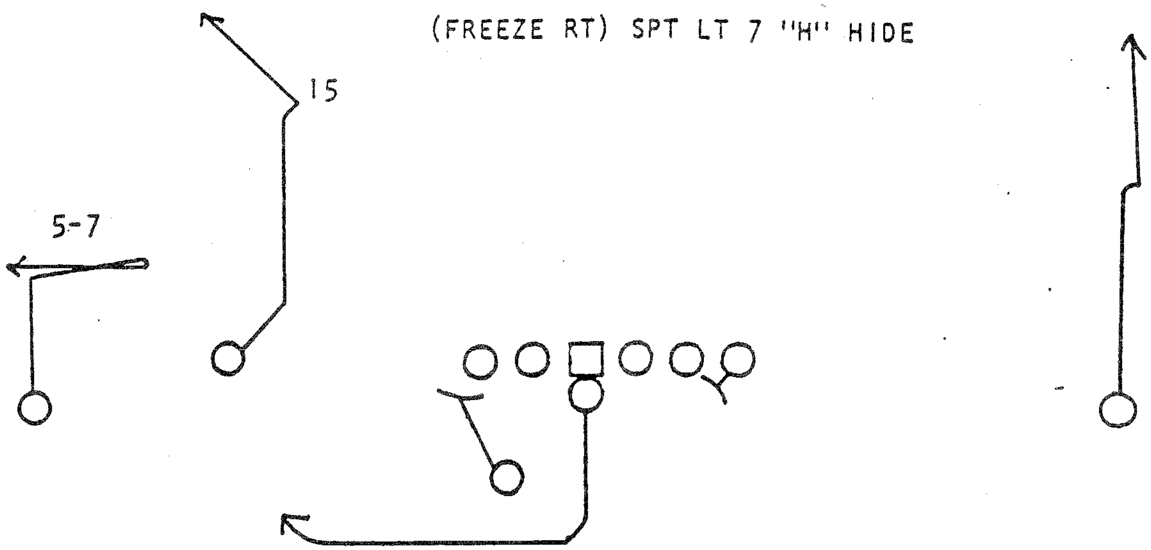
PROTECTION

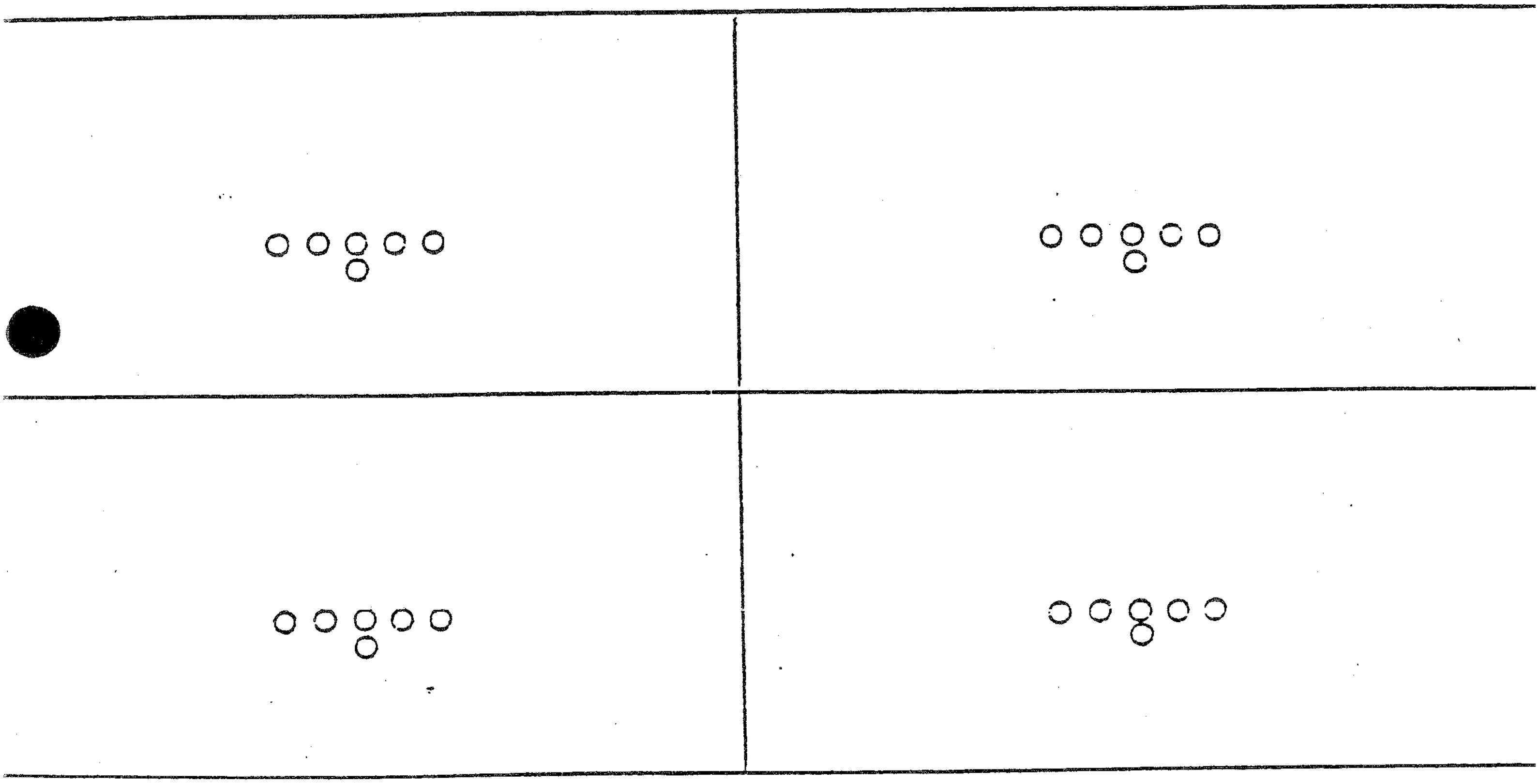
Sprint

FORMATIONS

Trips
Trips Fake Whiz
Spread Motion
Hip
Hip Slot
Spread Slot Jet
Trips Slot Fake Whiz

(FREEZE RT) SPT LT 7 "H" HIDE





KEY COACHING POINTS

QB = 5 step drop and roll to call with depth to numbers; read inside/out deep to short and throw off underneath coverage; Run/pass option, no blitz adjustments. Z only by game plan.

R = Ck Will, N/T clean off outside rusher
H = Fake 2, no adjust vs. press
Y = Sprint protection
Z = 8 Route fade vs. press
X = 7 Route

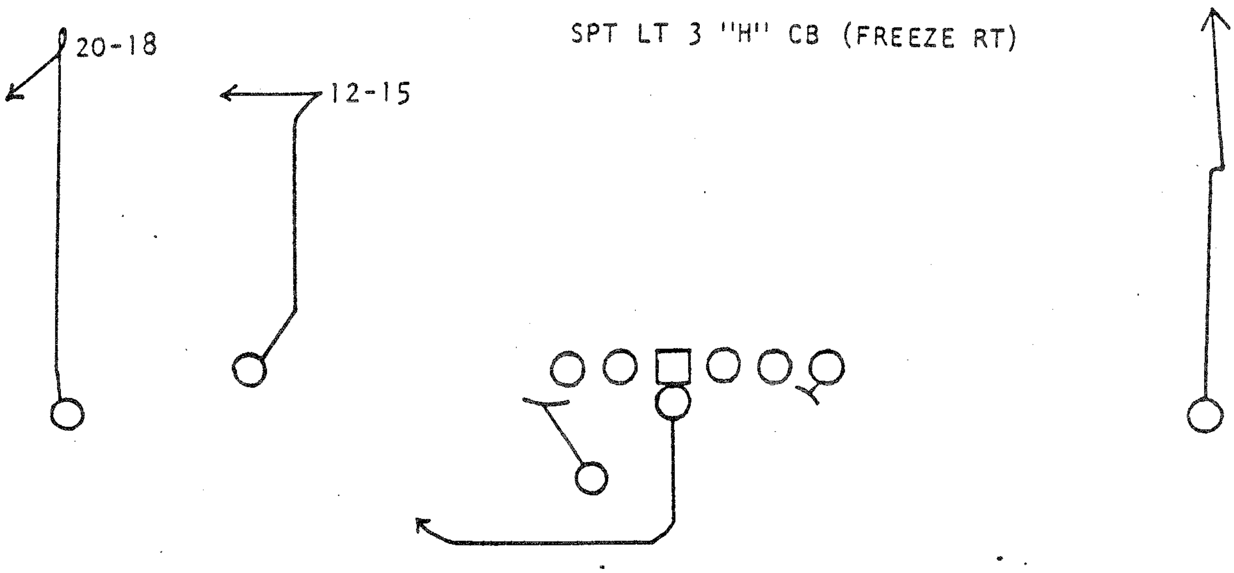
PROTECTION

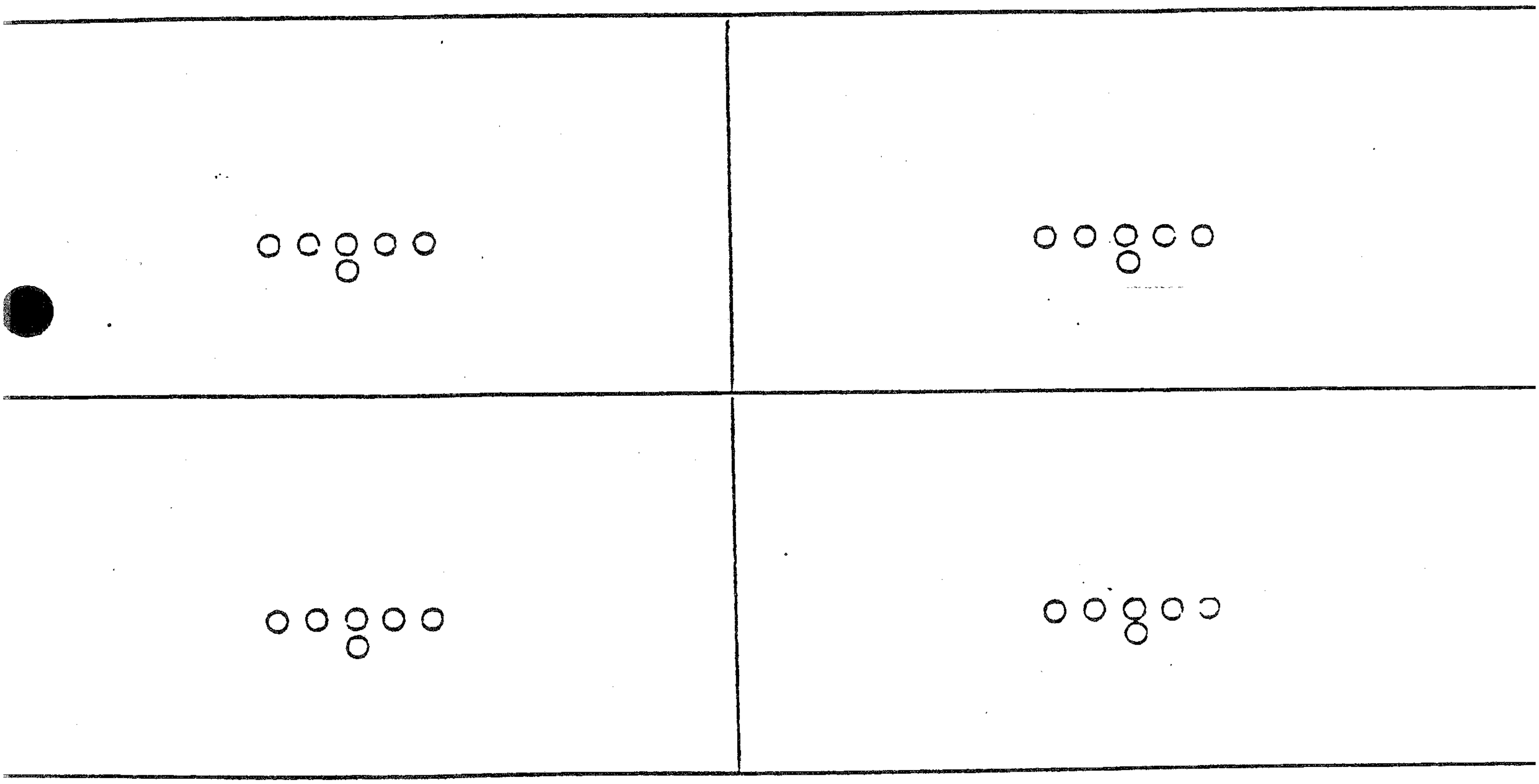
Sprint

FORMATIONS

Freeze
Trips Long Whiz
Spread Jet Out
Freeze Zoom

SPT LT 3 "H" CB (FREEZE RT)





KEY COACHING POINTS

QB = 5 step drop and roll to call side with depth to numbers; read inside/out, throw off underneath coverage; Run/pass option; no blitz adjustments. Z only by game plan.

R = Ck Will; clean off outside rusher
H = Run 9 Comeback
Y = Sprint Protection
Z = 8 route (fade vs. press)
X = Inside 3 route

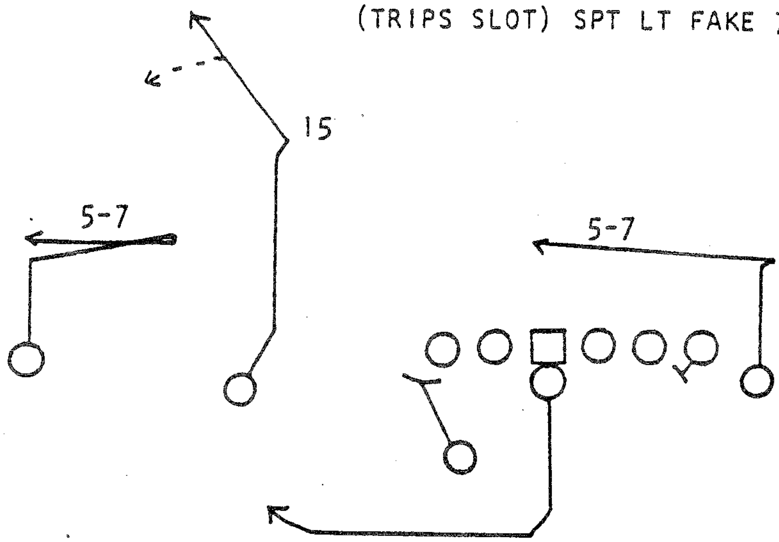
PROTECTION

Sprint

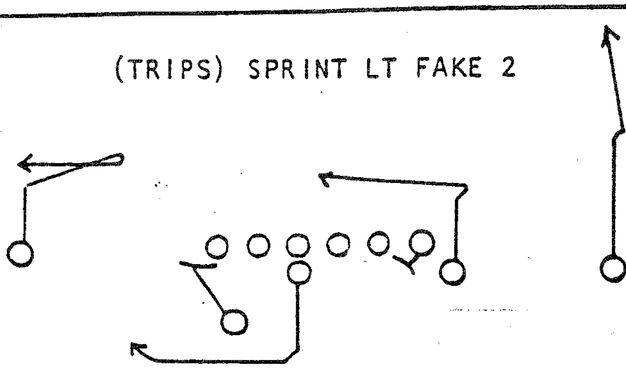
FORMATIONS

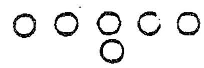
Freeze
Trips Long Whiz
Spread Jet Out
Freeze Zoom

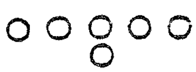
(TRIPS SLOT) SPT LT FAKE 72

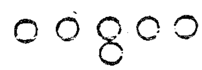


(TRIPS) SPRINT LT FAKE 2









KEY COACHING POINTS

QB = 5 step drop and roll to call with depth to numbers; read inside/out deep to short, throw off underneath coverage; Run/pass option; no blitz adjustment.

R = Ck Will, N/T clean off outside rusher
H = Over
Y = Sprint Protection
Z = Route called
X = Route called

PROTECTION

Sprint

FORMATIONS

Trips Slot
Trips Slot Fake Whiz
Spread Slot Jet

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(SCRAM PASSING)

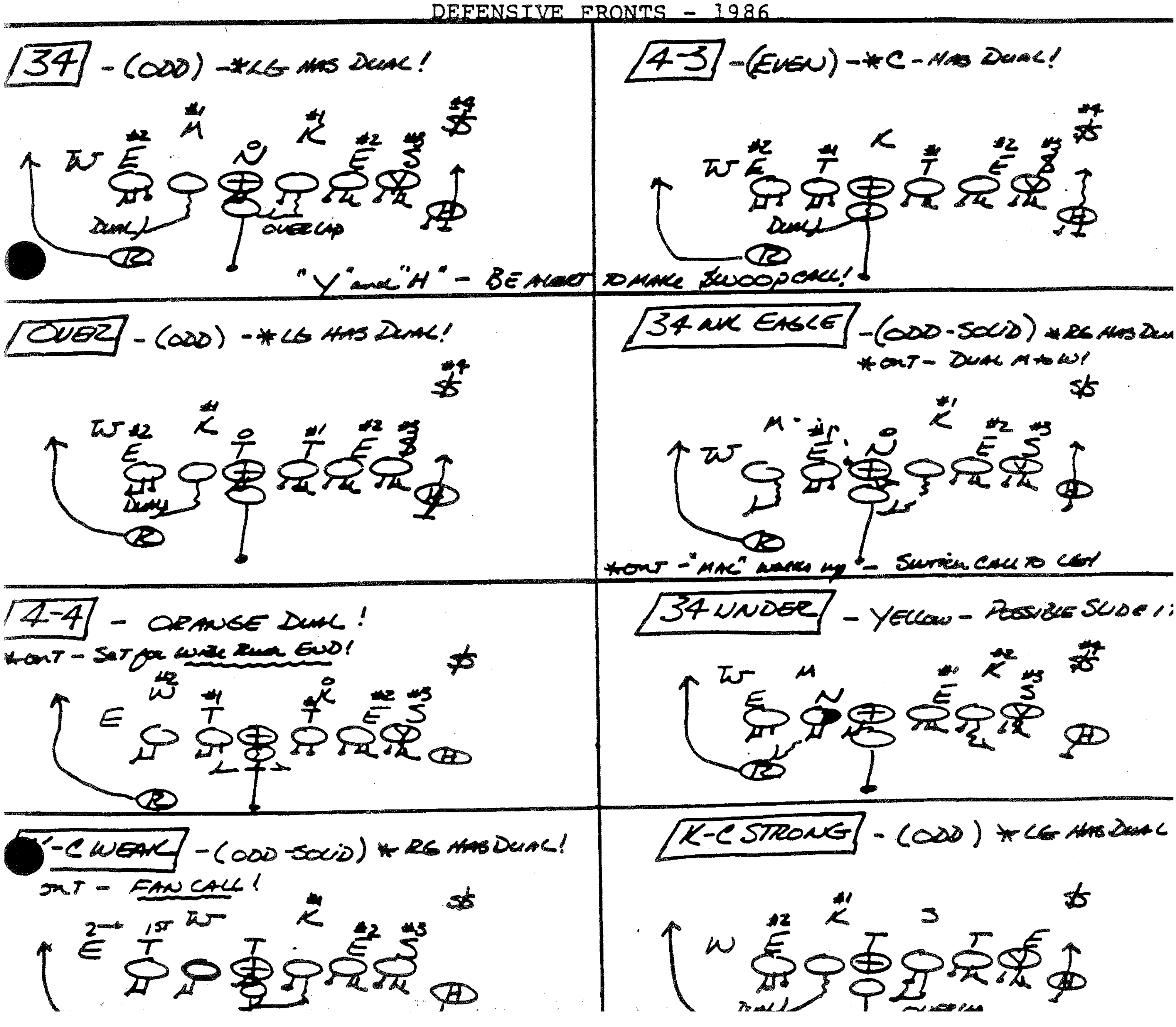
PASSING GAME

PROTECTION:

SCRAM PROTECTION

This is a DROP BACK STYLE of pass protection giving our "R-BACK" a free release to the CALL SIDE. To handle the multiple looks we will see, our TIGHT END and "H-BACK" will be given a blocking responsibility and our first uncovered lineman from the center-box to the call side will have a DUAL READ responsibility. Our Quarterback will set directly behind the center-box and will use either a 5 or 7 step controlled drop.

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION:

SCRAM PROTECTION

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the PROTECTION CALL SIDE - Example: SCRAM RIGHT or SCRAM LEFT. Versus a BLITZ SITUATION - "STUFF" them on or near the LOS - reason -- QB may have to shorten his drop to either hit the back "Hot" or the SIGHT ADJUSTMENT.

C MAN BLOCKING - "0" - (DROP BACK PROTECTION TECHNIQUE) - Versus an Even Call - DUAL READ - linebacker over to protection call side (Mike to Will).

CALLS TO BE ALERT FOR:

a) ODD or EVEN CALL - Your call - to determine the alignment of the defnese and which onside lineman has the DUAL READ!

1) ODD - Covered by a down lineman!

2) EVEN - Covered by a linebacker!

b) ORANGE or YELLOW CALL - Your call - when uncovered - call to determine which side you are counting "0". ORANGE - to the right; YELLOW - to the left! Versus - 3 DOWN LINEMEN - make color call to the side the nose/tackle aligns. Versus - 4 DOWN LINEMEN - make color call to the side that "Mike" aligns. If "MIKE" has been substituted for such as in 3rd down looks (NICKEL; DIME; or QUARTER LOOKS) make the call to the PROTECTION CALL SIDE!

c) SLIDE-IT CALL - AREA BLOCKING - will only be called by the onside guard after an ORANGE or YELLOW CALL. Set to block the defender aligned on the onside guard - be prepared to handle a T-T TWIST - as you set, if the defender aligned on the onside guard LOOPS back-side - ROCK back towards offside guard and make a SWITCH CALL!

d) ODD SOLID - Your call - if covered by a down lineman and onside guard is covered by a down lineman -- call is to alert OFFSIDE GUARD to DUAL READ - linebacker over to protection call side. NOTE: Vs a K-C WEAK (4 Down linemen) and onside tackle makes a FAN CALL - make an ODD SOLID CALL to alert off-guard to DUAL!

e) SLIDE RT or SLIDE LT- 4 MAN SLIDE from offside guard to onside tackle-AREA BLOCKING. SLIDE RT - means to slide righ SLIDE LT - means to slide left! Your call-if covered by a down lineman and onside guard covered by a down lineman anc two linebackers or blitzers stacked in general area onside Always make the call to PROTECTION CALL SIDE!

ON G MAN BLOCKING - #1 -(DROP BACK PROTECTION TECHNIQUE) - Versus an Odd Call - DUAL READ linebacker over to protection call side (Mac to Will).

CALLS TO BE ALERT FOR:

a) EVEN CALL - Set inside to block #1 - unless he is aligned in a loose 3 technique. Be prepared to handle a T-T TWIST - as you set, if the defender aligned on you LOOPS backside - keep sliding flat to onside and make a SWITCH CALL to offside guard and switch off!

b) SLIDE-IT CALL - Your call - in conjunction with an ORANGE or YELLOW CALL by center - AREA BLOCKING! If the call is your side and the linebacker or 1st blitzer is aligned on or outside of you - make a SLIDE-IT CALL - open out and slightly back on your set-block any defender that rushes thru your "nose" to the protection call side. No one coming into your area -- overlap back side towards the center-box!

c) JOKER CALL - Call made by the onside tackle in conjunction with a SLIDE-IT CALL. The tackle is telling you that he will block the defensive end and for you to slide outside for the widest rusher!

d) SLIDE RT or SLIDE LT - 4 MAN SLIDE from offside guard to onside tackle-AREA BLOCKING. SLIDE RT-means to slide right; SLIDE LT - means to slide left! Open out and slightly back on your set-block any defender that rushes thru your "AREA" to the protection call side!

e) FAN CALL - If onside tackle makes FAN CALL - set to block the defender aligned on the tackle! Use a WIDE-RUSH SET!

ON T MAN BLOCKING - #2 -(DROP BACK PROTECTION TECHNIQUE). If #2 is a linebacker - DUAL READ - set accordingly and block most dangerous rusher. NOTE: If covered by a linebacker and a RUSH END is aligned outside -- set to block the rush end!

CALLS TO BE ALERT FOR:

a) SLIDE-IT CALL - AREA BLOCKING - Open out to block the widest rusher on the LOS - block any defender that rushes thru your outside eye or shoulder to the PROTECTION CALL SIDE!

b) JOKER CALL - Your call - in conjunction with a SLIDE-IT CALL. If there is a wide rush end and another defender aligned outside on LOS make a JOKER CALL to the guard and set to block the WIDE RUSH END all the way!

c) SLIDE RT or SLIDE LT- 4 MAN SLIDE from offside guard to onside tackle-AREA BLOCKING. Set to block the defensive end - if he loops inside look to block the widest rusher--if no wide rusher- overlap back inside!

d) FAN CALL - Your call - if covered by a down lineman and rush-end aligned outside (K-C WEAK LOOK) - make FAN CALL - set accordingly to block the wide-rush end!

OFF G — MAN BLOCKING - #1 - (DROP BACK PROTECTION TECHNIQUE) - Odd Call - set approximately 1 to 1½ yards deep toward the protection call side (OVER LAP TECHNIQUE) - read the linebacker -- if he drops - look to help the center or pick up the TRASH.

CALLS TO BE ALERT FOR:

a) SWOOP CALL - Can be your call - if covered by a down lineman and a linebacker or blitzer walks up or threatens the center-guard gap (1 GAP) to the protection call side. Set inside and block the defender threatening the gap to the call side. Be alert for a COLOR CALL - this will tell you which side the center is protecting and if you need to make a SWOOP CALL!

b) ODD-SOLID - Center is telling you to DUAL READ (Mike to Will). If linebacker slides towards protection call side or stacks over the center - make SWITCH CALL to center - set accordingly and block the defender aligned on center (NOSE/TACKLE).

c) SLIDE RT or SLIDE LT - 4 MAN SLIDE from offside guard to onside tackle-AREA BLOCKING. SLIDE RT - means to slide rig SLIDE LT - means to slide left! Use a lateral set to block the defender aligned on the center. If his hip goes away- be alert for someone twisting or blitzing back into your area!

OFF T — MAN BLOCKING - #2 - (DROP BACK PROTECTION TECHNIQUE). NOTE: If #2 is a linebacker - explode back - using an inside set approximately 1 to 1½ yards deep - check your linebacker -- if he drops slide out to help your TIGHT END with #3! If #2 is a down lineman - use onside set-AREA BLOCK with tight end on any SOX or SEX STUNT! NOTE: All T-E TWISTS we pick up MAN and all E-T TWISTS are zoned off with the guard!

CALLS TO BE ALERT FOR:

a) SWOOP CALL - Can be your call - if covered by a down lineman and another defender is in a BLITZ POSITION in the guard-tackle (3 GAP) - set inside using a lateral set and block any defender rushing thru the 3 GAP AREA! Always be alert for a COLOR CALL (Orange or Yellow) - this will tell you which side the center is protecting and if you need to make a SWOOP CALL!

"Y" MAN BLOCKING - #3 - (DROPBACK PROTECTION TECHNIQUE). Be alert for SWOOP CALL if strong safety is cheating inside.

NOTE: COLOR CALL your side (Orange or Yellow) disregard the 1st man off the LOS because he is "0". If color call is away from you count them as you see them.

"R-BACK" You have a free release (no protection responsibility) to get out into the pattern. You will run the pattern called in the huddle.

a) BLITZ BREAK-OFF - With two blitzers from the weakside, "R" will adjust his pattern to a quick flat route to the outside. Anytime we have a four man defensive front with the center, guard and tackle (to your side) are covered with down linemen, "R" will run a break-off when one blitzer rushes.

b) ROBERT/LARRY - Call your side - 2nd blitzer from inside-out!

"H-BACK" MAN BLOCKING - #4 - (DROP BACK PROTECTION TECHNIQUE). Be alert for SWOOP CALL if strong safety is cheating inside.

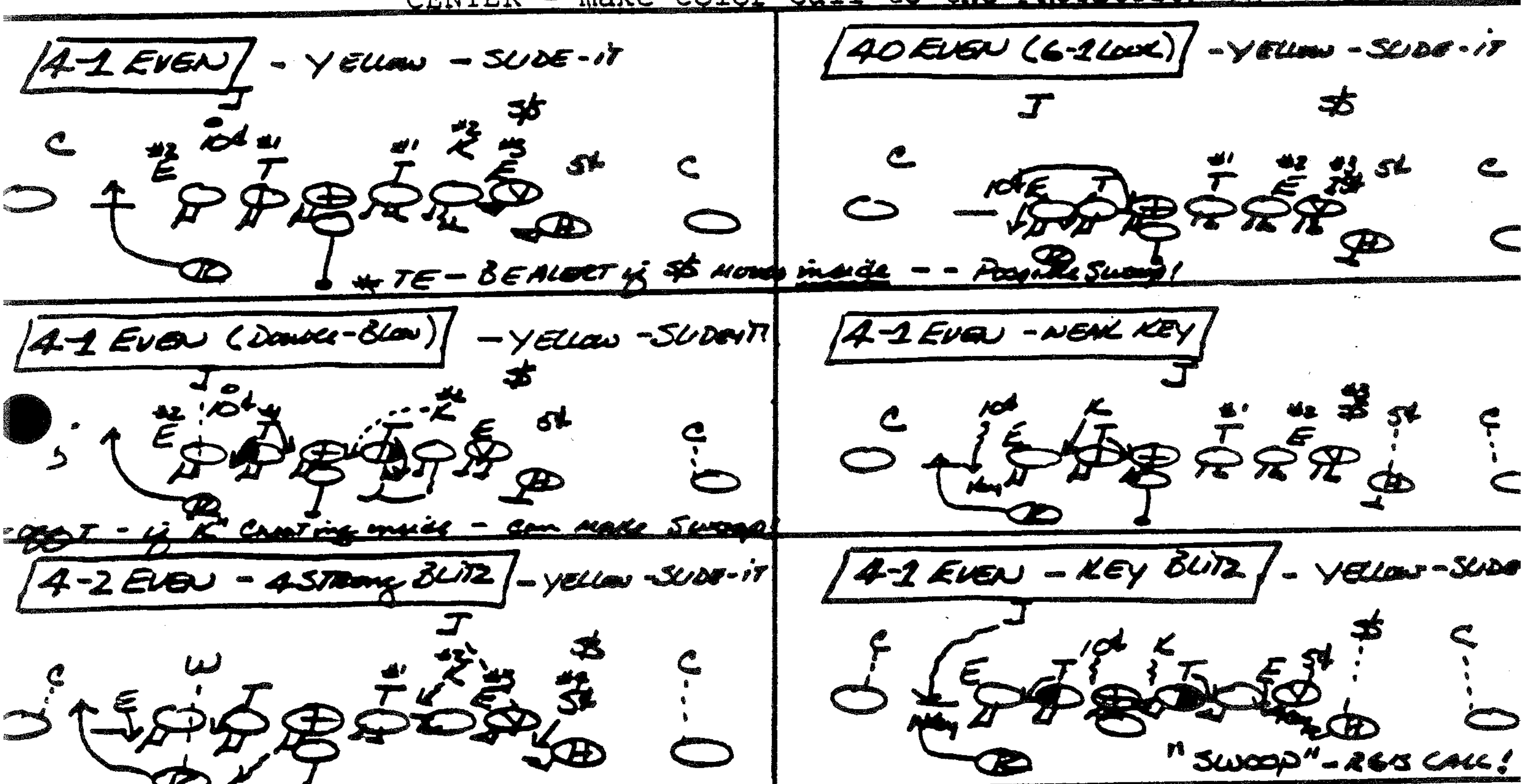
NOTE: COLOR CALL your side (Orange or Yellow) disregard the 1st man off the LOS because he is "0". If color call is away from you count them as you see them.

SPECIAL SITUATIONS - 3RD AND MEDIUM TO LONG

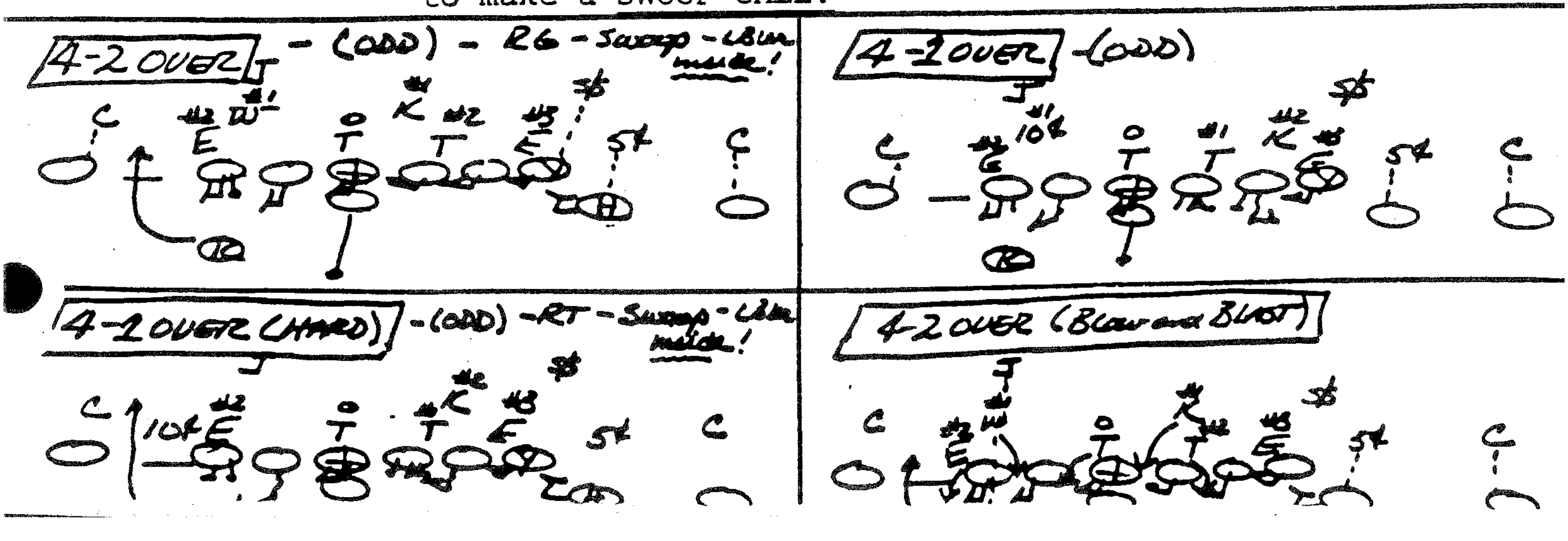
(SCRAM PROTECTION VS NICKEL; DIME; QUARTER LOOKS)

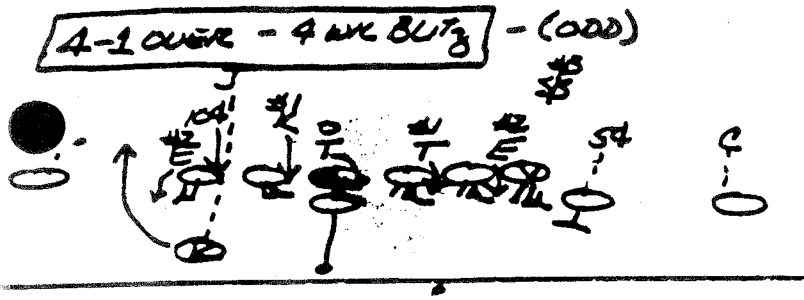
If it is a definite passing situation- 2nd and long; 3rd and medium (3 to 6 yards); or 3rd and long (+6 or more), our center will alert the offensive line to remain in a PRE-SET position with a RACEHORSE CALL. Whether they have NICKEL (2 linebackers in game); DIME (1 linebacker in game) or QUARTER (no linebackers in game) personnel in the game will not affect how we make our calls!

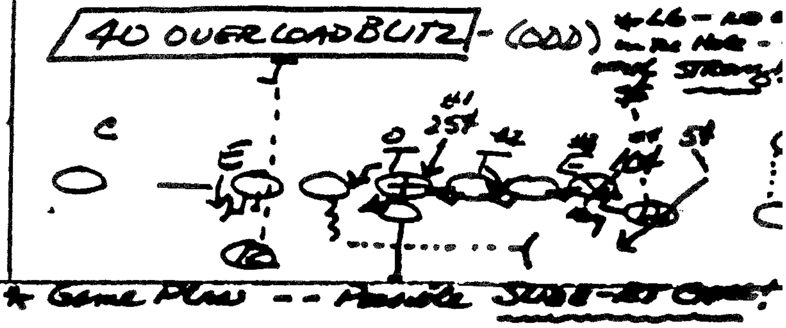
a) EVEN LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - make color call to the PROTECTION CALL SIDE!



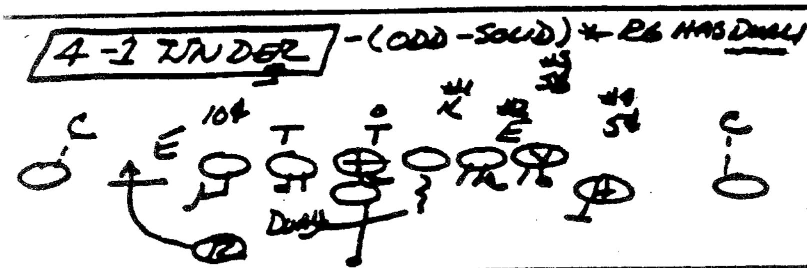
b) OVER LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - make an ODD CALL - onside guard has the DUAL READ. OFFSIDE GUARD; TACKLE; TIGHT END - be prepared to make a SWOOP CALL!

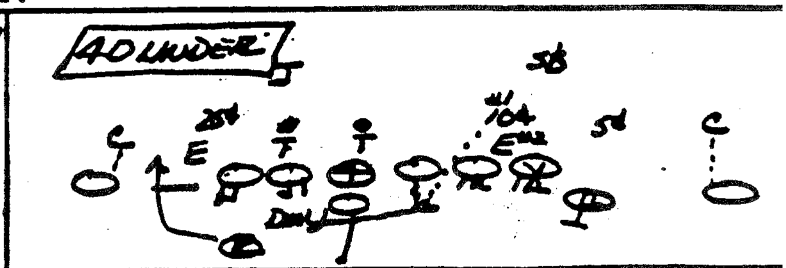


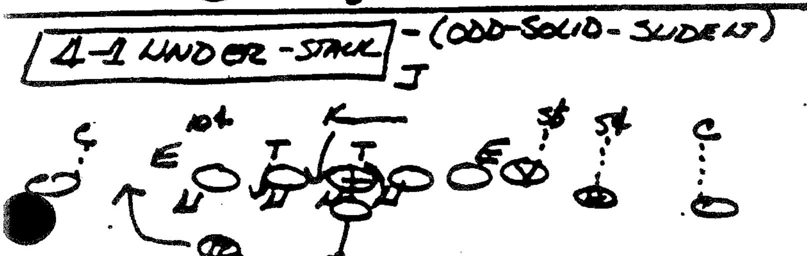


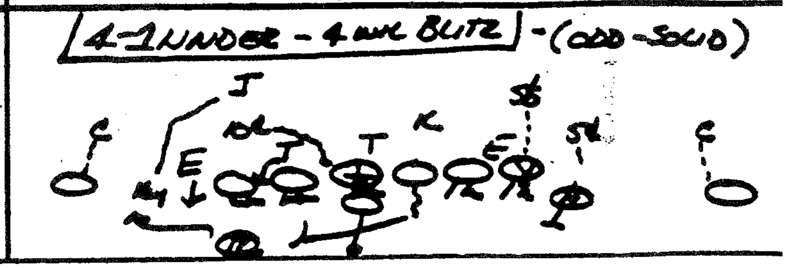


c) UNDER LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - make ODD SOLID CALL - with a SLIDE RT or SLIDE LT CALL - if 2 blitzers showing weak or towards PROTECTION CALL SIDE!

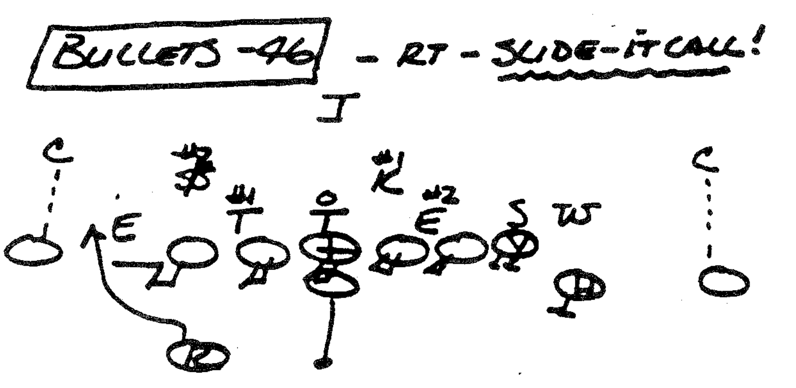


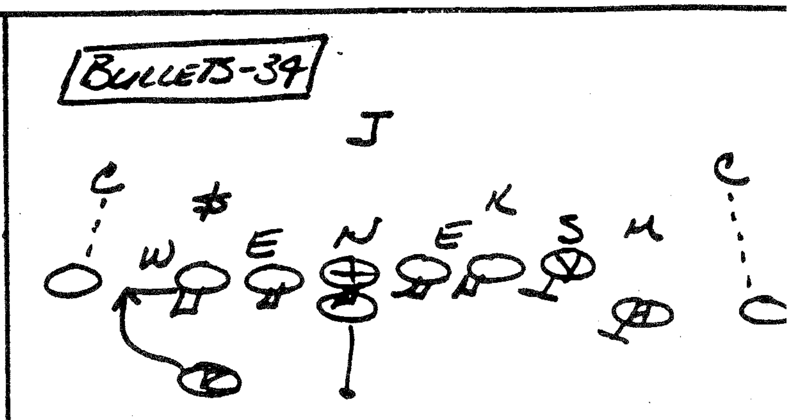


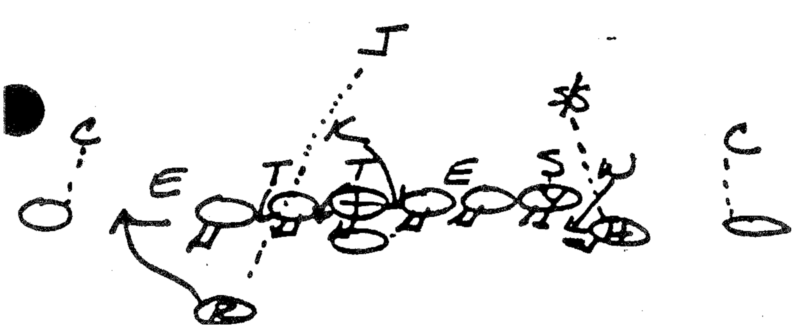




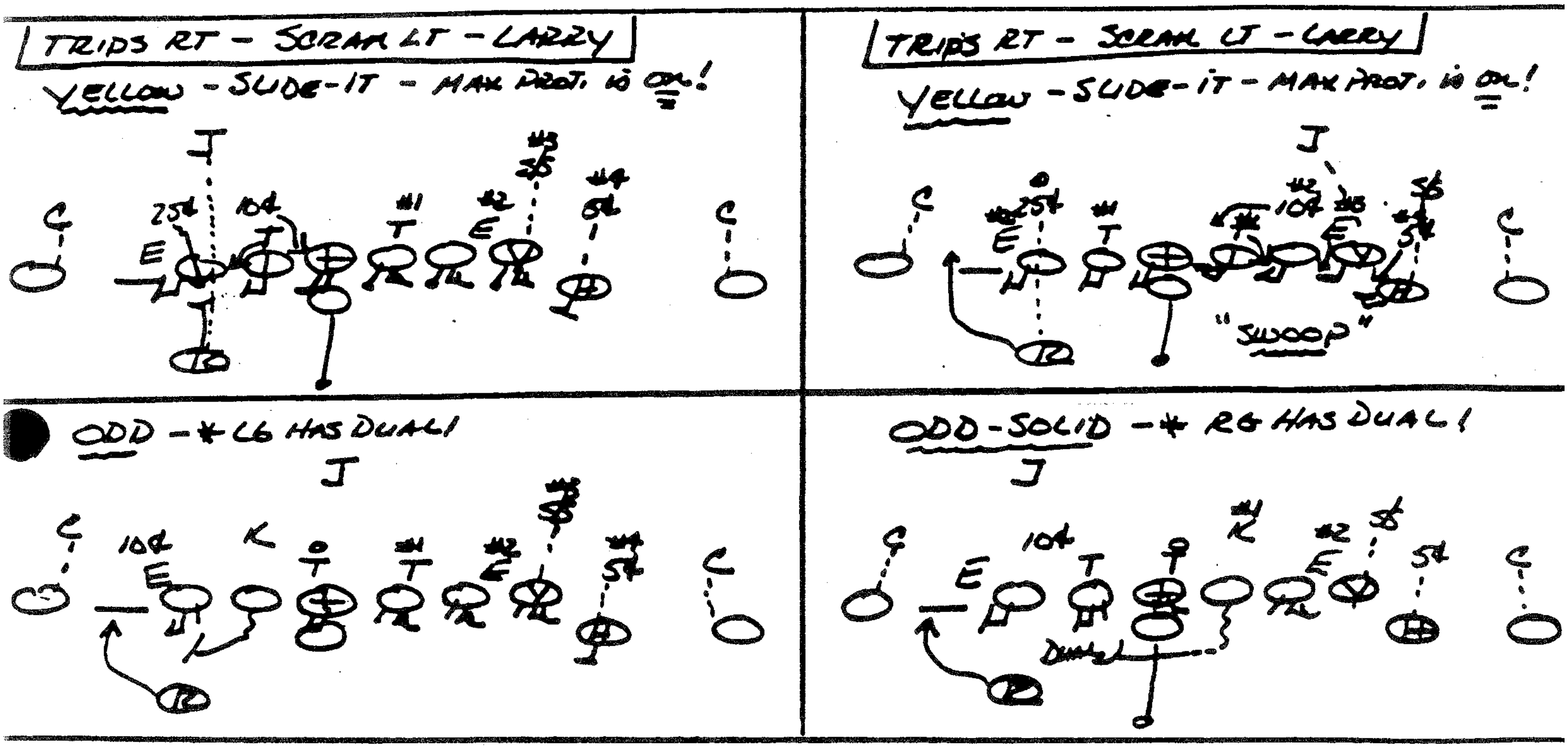
d) BASTARD LOOKS - 3 or 4 DOWN PERSONNEL - These looks require special blocking and the CENTER will alert the team by making a BULLETS CALL. When this call is made, the OFFSIDE TACKLE will make a SLIDE-IT CALL and the offensive line will slide to the protection call side!







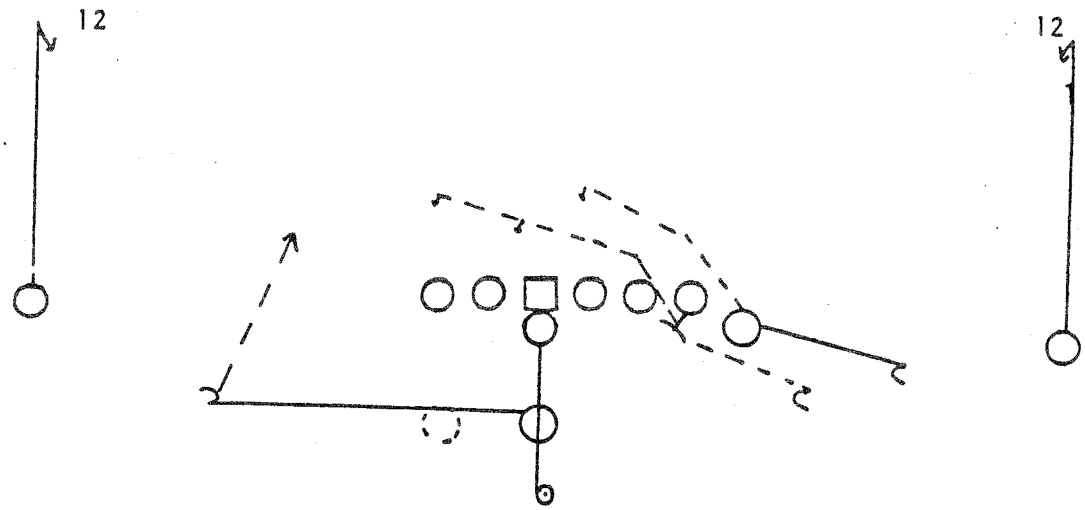
e) ROBERT or LARRY - If the term ROBERT or LARRY is called in the huddle -- the Quarterback is alerting the team to max-out protection. If the term LARRY has been called in the huddle (we are expecting a 4 WEAK BLITZ) and the center makes a YELLOW CALL (make the call of YELLOW if uncovered and one (1) or **more blitzers aligned to the protection call side)** -- he is confirming that MAX PROTECTION is ON! If the center makes any other call (Odd; Even; Odd-Solid; Load-It) -- follow the base rules of SCRAM PROTECTION and the center's call. If the term "ROBERT" has been called in the huddle and the center makes an ORANGE CALL he is confirming that MAX PROTECTION is ON!

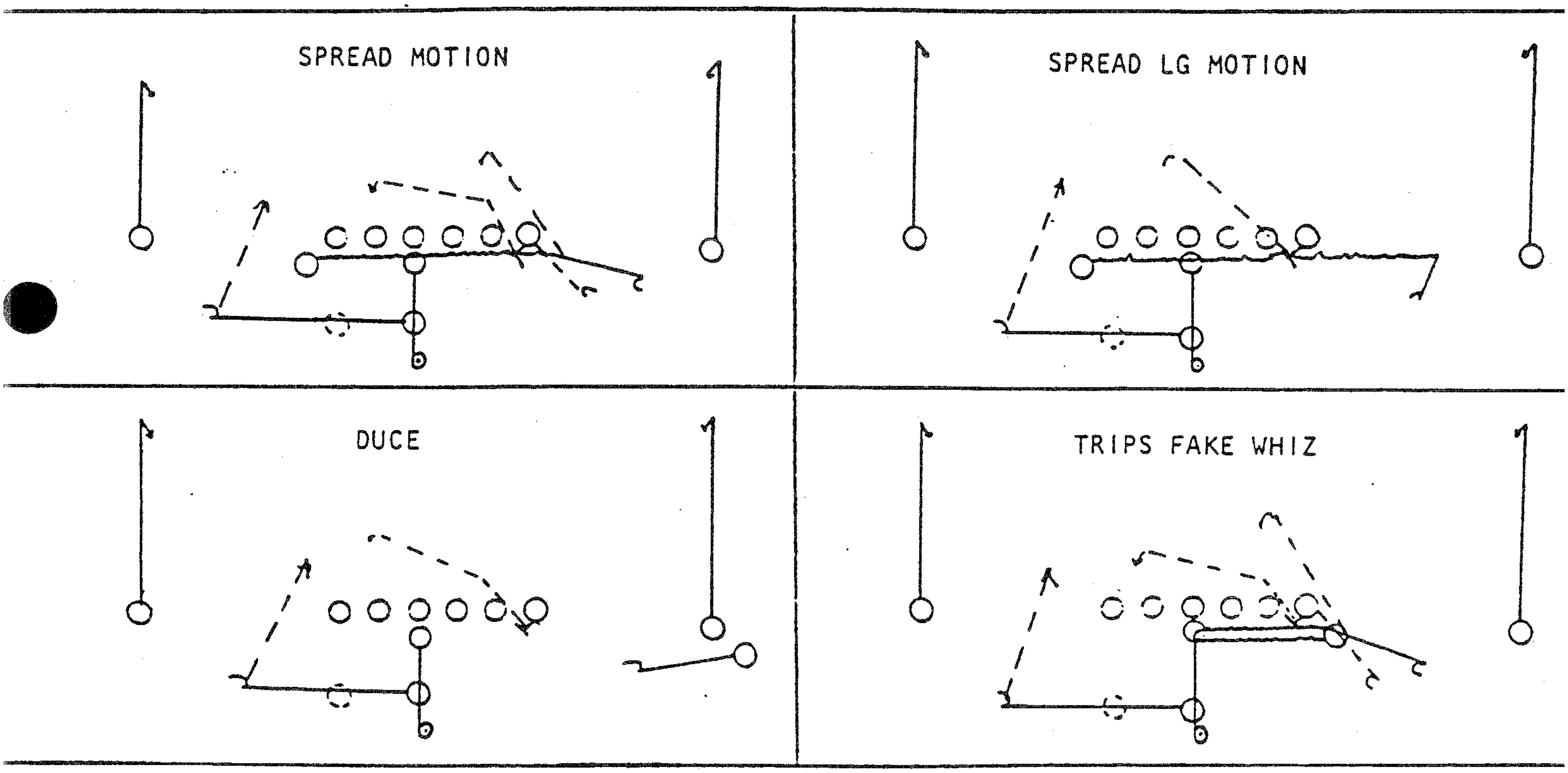


SCRAMS

606 S/R, 806 S/R
66 S/R, 866 S/R
3
7
9 CB
906 "R" Post
44 Wide

(TRIPS) SCRAM LEFT 606 SALLY





KEY COACHING POINTS

<u>Drop 5 Steps</u>

1. QB - Weakside read, MOF closed work outside/in throw off underneath coverage; MOF open work inside/out throw off underneath coverage. Responsible with X for W/S.
2. Y&S.B.(H) - Check Sam-free man runs adjusted 2,other S/R-check possible Swoop before release to pattern,H has S/S Blitz.
3. X & Z (6 route)
   a. Split outside normal
   b. Fades vs. press or roll
4. W.B.(R) - Go to point 5 yards deep on numbers, runaway vs.man. "R" is hot vs. 2 blitzers from weakside.

PROTECTION

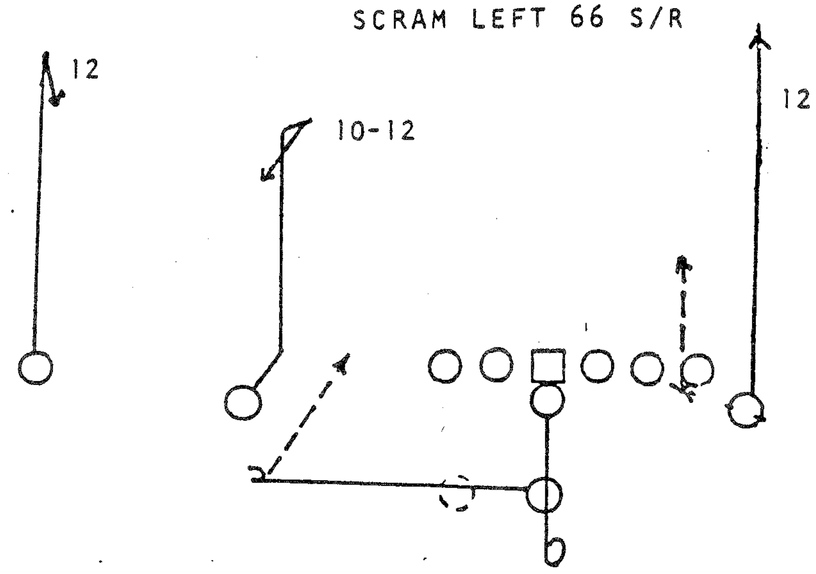
Scram

FORMATIONS

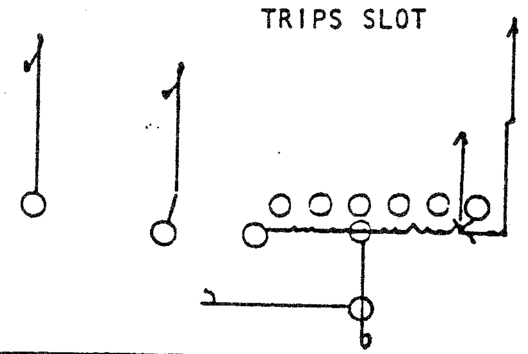
Trips (Fly)
Spread Motion
Spread Long Motion vs. S,
 Blitz
Duce (Fly)
Trips Fake Whiz
Trips Zoom
Hip
Spear

NOTE: On all Scrams from Spread Long Motion Duc

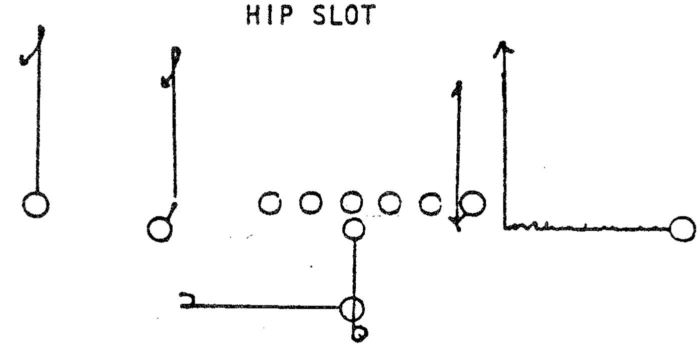
SCRAM LEFT 66 S/R

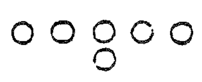


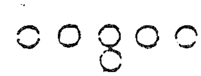
TRIPS SLOT



HIP SLOT







KEY COACHING POINTS

QB Reads (5 steps)

Strongside read, MOF open work inside/out; MOF closed work outside/in and throw off underneath coverage. Responsible with Z for W/S. R vs. 4 weak.

W.B.(R)- Sally/Rose, runaway vs. Man
S.B.(H)- Check Swoop, 9 route, fade vs. roll
"Y"- Scram Protection #3, run 9 route
"X"- 6 Route, fade vs. press
"Z"- Inside 6 Route

NOTE: Scram from Walk "H" must adjust if S/S Blitzes.

NOTE: "R" must adjust vs. 2 blitzers weak

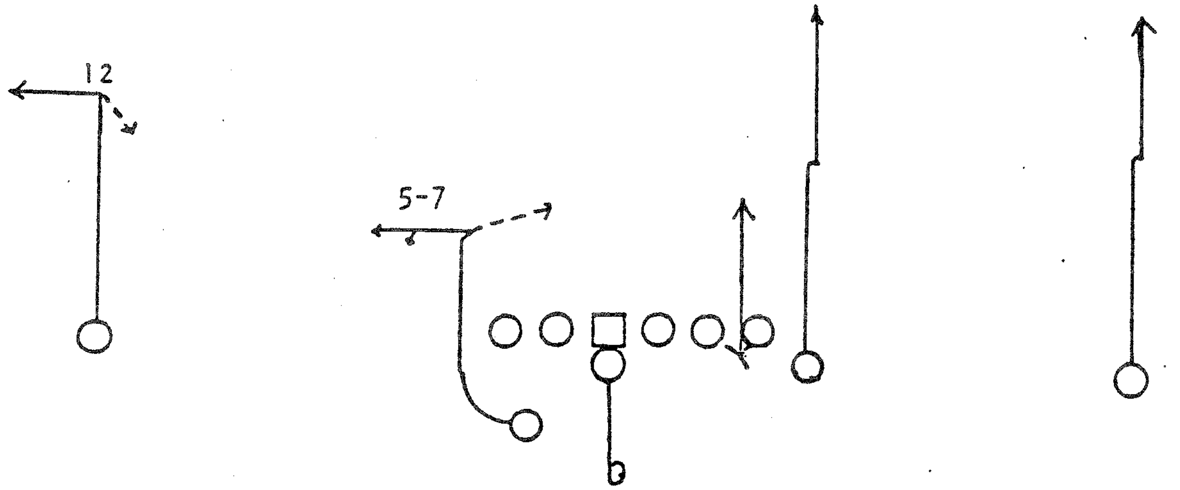
PROTECTION

Scram

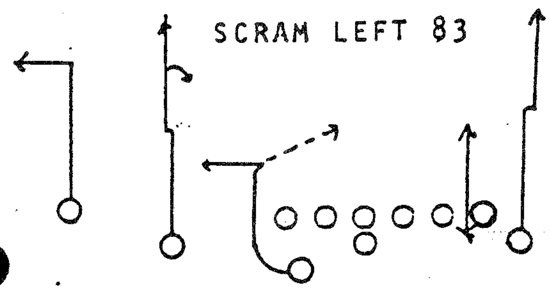
FORMATIONS

Trips Slot
Spread Slot Jet
Trips Slot Fake Whi
Trips Slot Zip
Hip Slot

SCRAM LEFT 3 (TRIPS)

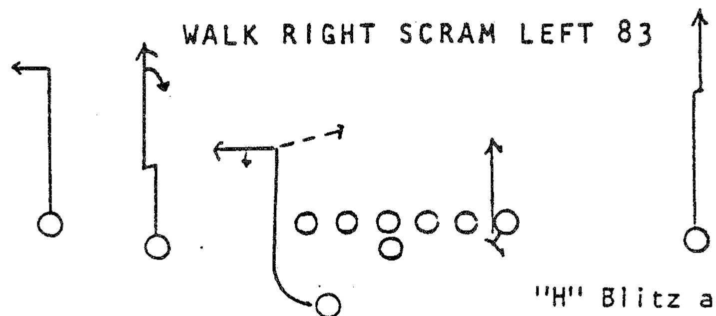


SCRAM LEFT 83



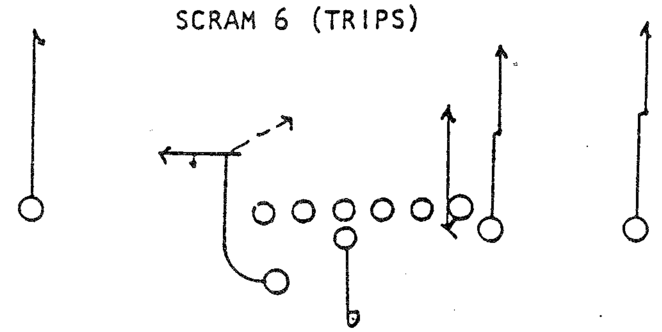
Z - Release outside

WALK RIGHT SCRAM LEFT 83



"H" Blitz adjus
vs. S/S Blitz

SCRAM 6 (TRIPS)





KEY COACHING POINTS

QB - Weakside read, throw option route unless coverage takes it away; zone read underneath coverage; man read single coverage. Responsible with X for W/S, R vs. 4 weak.

W.B.(R) - Two way break, wide or cross adjust vs. 2 weak.

S.B.(H) - Run route called (9) alert for Swoop call.

"Y" - Check #3 release downfield.

"X" - Route called (fade vs. press) (3)

"Z" - Route called (9)

NOTE: Larry/Robert, "R" stay in vs. blitz weak Scram & Robert & Larry good vs. blitzing team

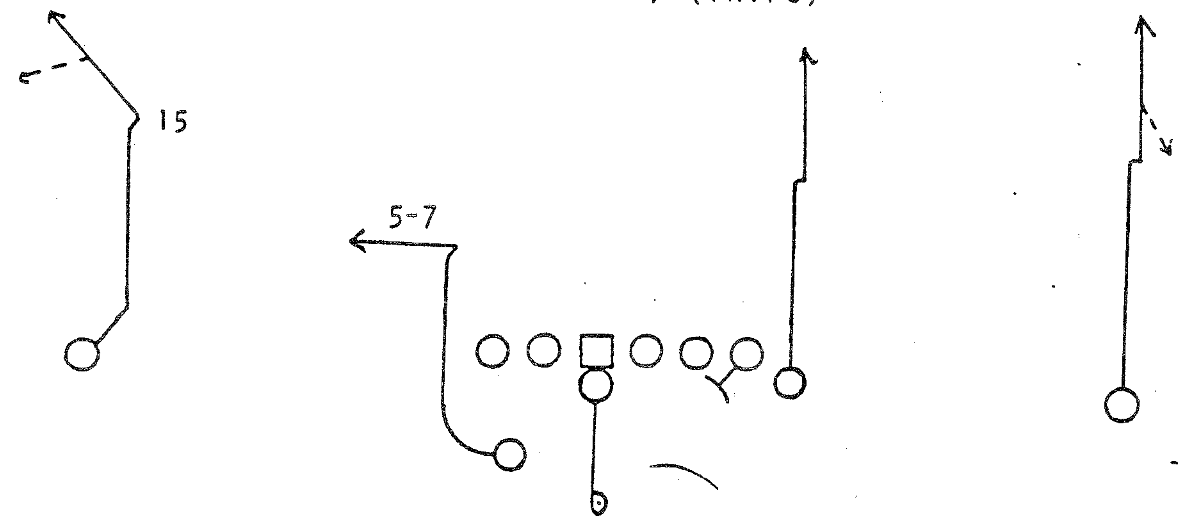
PROTECTION

Scram

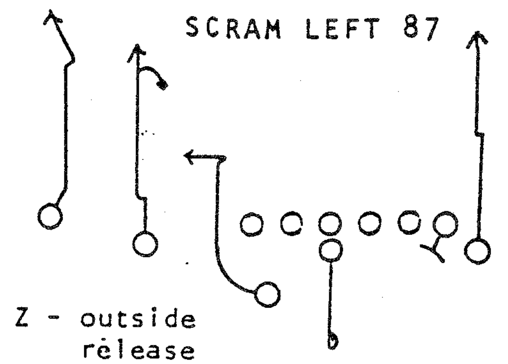
FORMATIONS

Trips
Trips Fake Whiz
Spread Motion
Trips Zoom
Trips Fake Zoom
Trips Fly
Trips Slot
Trips Slot Jet
Trips Slot Fake Whiz
Trips Slot Zoom
Trips Slot Zi[illegible]

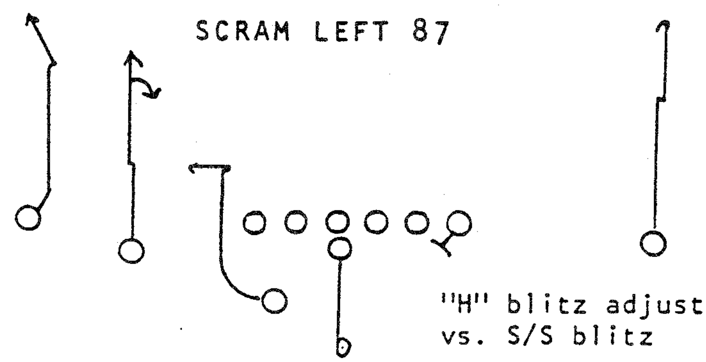
SCRAM LEFT 7 (TRIPS)



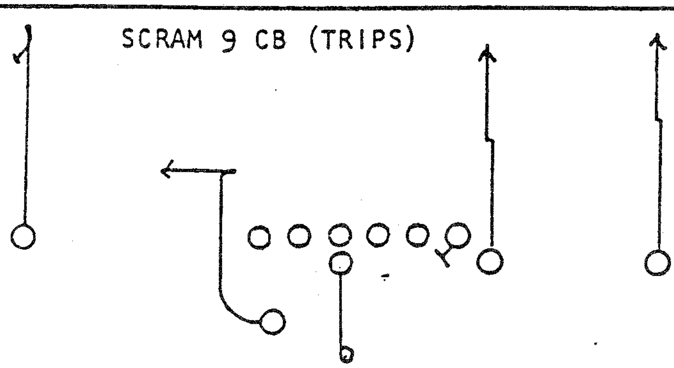
SCRAM LEFT 87

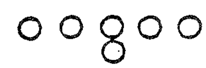


SCRAM LEFT 87



SCRAM 9 CB (TRIPS)





KEY COACHING POINTS

QB - Weakside read; work outside/in regardless of MOF and throw off underneath coverage; man coverage throw to single coverage. Responsible with X for W/S; R vs. 4 Weak.

W.B.(R)- 5-7 yards wide (adjust vs. 2 LB'ers weak)

S.B.(H)- Route called 9, possible Swoop

"Y"- #3, possible Swoop, possible Hammer

"X"- Route called (7), W/S blitz adjustment

"Z"- 9 Route (possible 5 route)

NOTE: From Duce, Duce Fly and Spread Long Motion 1st receiver outside "Y" has S/S Blitz.

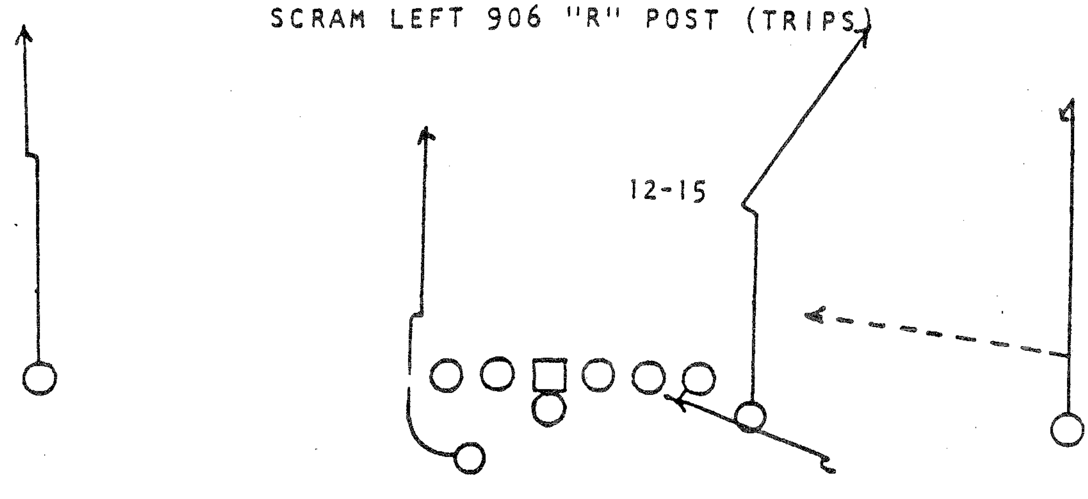
PROTECTION

Scram

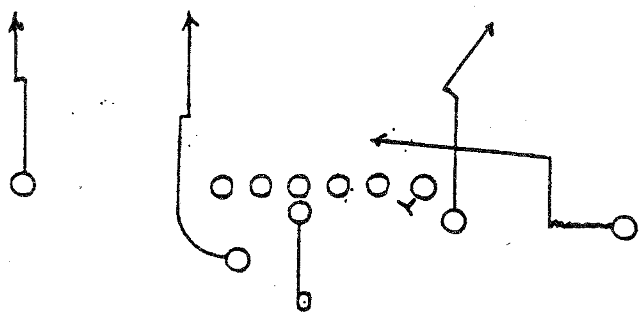
FORMATIONS

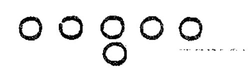
Same as Scram 3

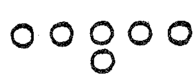
SCRAM LEFT 906 "R" POST (TRIPS)

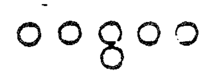


TRIPS ZIP









KEY COACHING POINTS

QB -Coverage read, MOF open work weakside inside/out. MOF closed work strongside outside/in throw off underneath coverage (except) vs. spec coverage can work strongside. Check W/S Blitz W/X.

W.B.(R) -Route called (post)

S.B.(H) -Route called (7), (alert for Swoop) deep angle on 7.

"Y" -Check #3, then Sally/Rose

"X" -Route called (9), W/S blitz adjustment

"Z" -If "Zip" automatic runaway

"Z" -6 Route, vs. Press or Roll, runaway 2

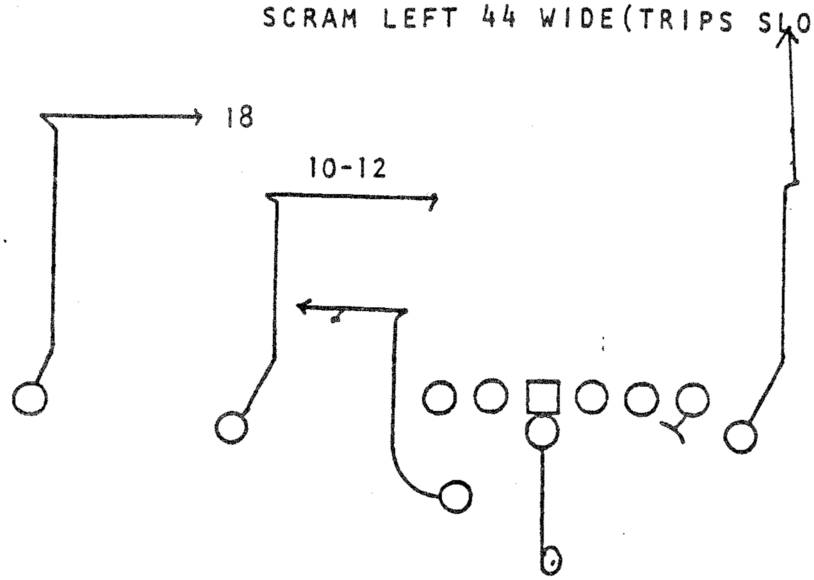
PROTECTION

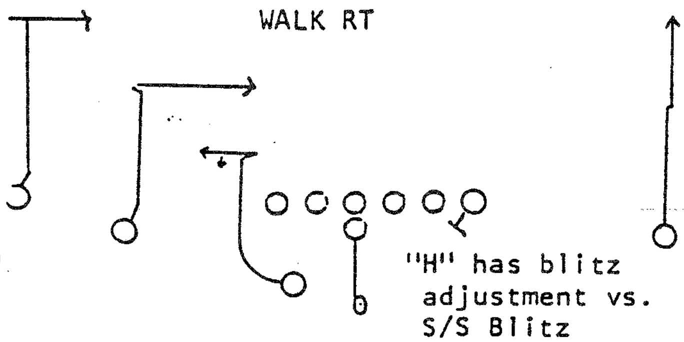
Scram

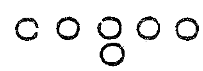
FORMATIONS

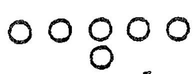
Trips
Trips Fake Whiz
Spread Motion
Trips Zoom
Trips Fake Zoom
Trips Fly
Trips Zip

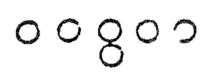
SCRAM LEFT 44 WIDE(TRIPS SLOT)











KEY COACHING POINTS

QB Read (7 steps)
Strongside read, work outside/in regardless of MOF; work X, R stretch and throw off underneath coverage. Responsible with Z for W/S; R vs. 4 weak.

W.B.(R) - Route called (wide)
S.B.(H) - 9 Route, possible Swoop, vs. S/S Blitz block S/S
"Y" - Scram protection #3
"X" - Route called (4)
"Z" - Route called, runaway (4) force inside release.

PROTECTION

Scram

FORMATIONS

Trips Slot
Trips Slot Fake Whiz
Trips Slot Zip
Spread Slot Jet
(Walk)
(Spread SLot Long Jet)

TABLE OF CONTENTS

(HI-LO PASSING-SINGLE DIGIT)

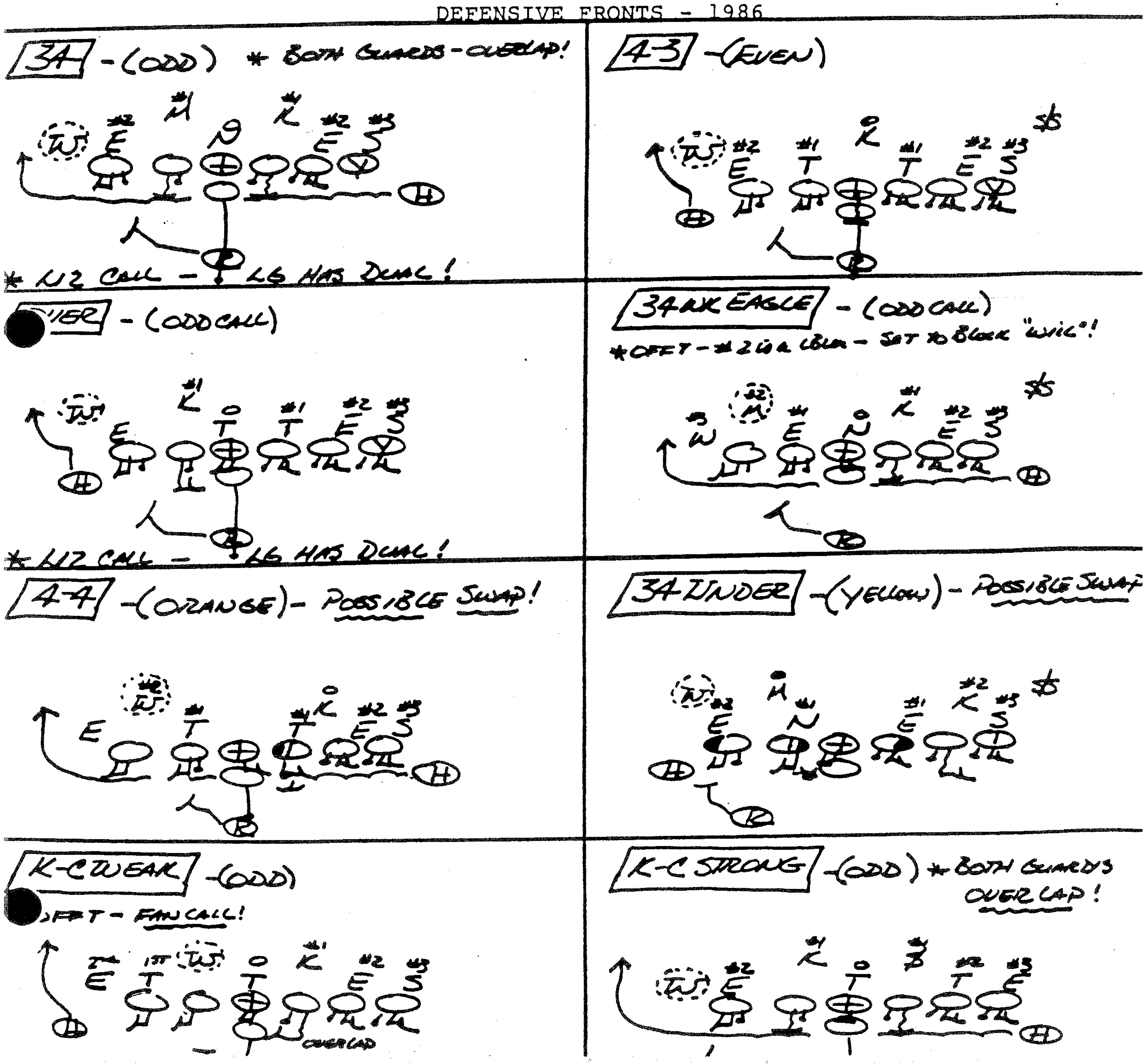
PASSING GAME

PROTECTION:

HI-LO PROTECTION (Single Digit)

This is a DROP BACK STYLE of pass protection where both backs ("R" and "H") will work towards the same side. This protection will only be run from some form of SPREAD FORMATION! This protection is the same as "OH'S" PROTECTION for the offensive line.

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION:

HI-LO PROTECTION (Single Digit)

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the FORMATION CALL SIDE - Example: FREEZE RIGHT - LO 6 READ - RIGHT SIDE is ONSIDE! FREEZE LEFT - HI 9 "H" CORNER - LEFT SIDE is ONSIDE! If the term RIP or LIZ is added prior to the pattern called - the uncovered lineman to the RIP (right) or LIZ (left) side has a dual read.

C MAN BLOCKING - "0" - (DROP BACK PROTECTION TECHNIQUE). Same as OH'S PROTECTION!

CALLS TO BE ALERT FOR:

a) ODD or EVEN CALL - Your call - to determine the alignment of the defensive front! Same as OH'S PROTECTION!

b) ORANGE or YELLOW CALL - Your call - when uncovered - call to determine which side you are counting "0". ORANGE - to the right; YELLOW - to the left! Versus - 3 DOWN LINEMEN - make color call to the side the nose/tackle aligns. Versus - 4 DOWN LINEMEN - make color call to the side that "Mike" aligns. If the "MIKE" has been substituted for such as in 3rd down looks (NICKEL; DIME; or QUARTER LOOKS) make the call to the PROTECTION CALL SIDE which is the formation call in HI-LO PROTECTION!

c) SWAP CALL - Set to block the defender aligned on the onside guard - AREA BLOCKING! Same as OH'S PROTECTION!

d) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING! ROCK-IT - slide right; LOAD-IT - slide left! Same as on "OH'S" PROTECTION!

ON G MAN BLOCKING - #1 - (DROP BACK PROTECTION TECHNIQUE). Same as "OH'S" PROTECTION!

CALLS TO BE ALERT FOR:

a) EVEN CALL - Set inside to block #1 - unless he is aligned in a loose 3 technique. Same as "OH'S" PROTECTION!

b) SWAP CALL - Your call - in conjunction with an ORANGE or YELLOW call by center - AREA BLOCKING with center! Same as "OH'S" PROTECTION!

c) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING. ROCK-IT - slide right; LOAD-IT - slide left! Same as "OH'S" PROTECTION!

d) SWOOP CALL - Can be your call - if covered by a down lineman and another defender is in a BLITZ POSITION in the center - guard gap (1 GAP) - set inside using a lateral set and block any defender rushing thru the 1 GAP AREA! Never make a SWOOP CALL with a COLOR CALL or ROCK-IT or LOAD-IT call to your side!

ON T — MAN BLOCKING - #2 - (DROP BACK PROTECTION TECHNIQUE). Same as "OH'S" PROTECTION!

CALLS TO BE ALERT FOR:

a) SWOOP CALL - Can be your call - if covered by a down lineman and another defender is in a BLITZ POSITION in the guard-tackle gap (3 GAP) - set inside using a lateral set and block any defender rushing thru the 3 GAP AREA! Same as "OH'S" PROTECTION!

b) SWAP CALL - 2 man slide between center and onside guard- set to block the defensive end!

c) ROCK-IT or LOAD-IT CALL - 3 MAN SLIDE between center and both guards! Set to block the defensive end!

OFF G — MAN BLOCKING - #1 - (DROP BACK PROTECTION TECHNIQUE). Same as "OH'S" PROTECTION! NOTE: If covered by a down lineman and linebacker walks up or threatens the center-guard gap (1 GAP) - set inside and block the linebacker in numbers!

CALLS TO BE ALERT FOR:

a) SWAP CALL - If center makes COLOR CALL (Orange or Yellow) YOUR SIDE AND #1 is aligned onside eye or shoulder (1 TECHNIQUE). Open out and slightly back on your set - block any defender rushing to YOUR AREA - no one coming into your area - overlap back onside towards the center-box!

b) ROCK-IT or LOAD-IT - 3 MAN SLIDE between center and both guards - AREA BLOCKING. ROCK-IT - slide right; LOAD-IT - slide left! Same as "OH'S" PROTECTION!

c) FAN CALL - If offside tackle makes FAN CALL - set to block the defender aligned on the tackle. Use a WIDE RUSH SET!

OFF T — MAN BLOCKING - #2 -(DROP BACK PROTECTION TECHNIQUE). Same as "OH'S" PROTECTION! NOTE: If #2 is a linebacker - FAN - 2nd man on LOS or the next defender to outside. (34 Weak Eagle or Under Look).

CALLS TO BE ALERT FOR:

a) FAN CALL - Your call - if covered by a down lineman and rush-end aligned outside (K-C LOOK) - make FAN CALL - set accordingly to block the wide-rush end!

"Y" MAN BLOCKING - #3 - (DROP BACK PROTECTION TECHNIQUE). If on-tackle is covered by down lineman then zone #2 and #3 with the on-tackle.

NOTE: COLOR CALL your side (Orange or Yellow) disregard the first man off the LOS because he is "0".

"R-BACK" This is a man protection scheme and "R" is responsible for the first "Blitzer" from inside-out, not counting the "Mike" linebacker. If your man does not rush the passer, scan from inside-out for any free (unblocked) opponent and block them. After checking your primary and secondary protection responsibilities, proceed with your pass pattern (if called) responsibility. Example: Vs. a normal 4-3 front: "R" is responsible for the weakside linebacker. Vs. a normal 3-4 front, "R" is responsible for the weakside linebacker. NOTE: We designate both inside linebackers in a 3-4 front as "Mike".

a) OVERLOAD - If your protection responsibility vacates his position and goes over to the strongside of the formation, you must go across and block the first blitzer outside of the offensive tackle. If your responsibility vacates his position and takes up a coverage position in the secondary, you are free to proceed with your pass pattern.

b) ROCK-IT/LOAD-IT - A call made by the center alerting the back to take the first blitzer from the "guard area" to the outside.

c) ROBERT/LARRY - When coordinated with an Orange or Yellow (Orange = Robert and Yellow = Larry), the "R" will block the "second" blitzer from inside-out.

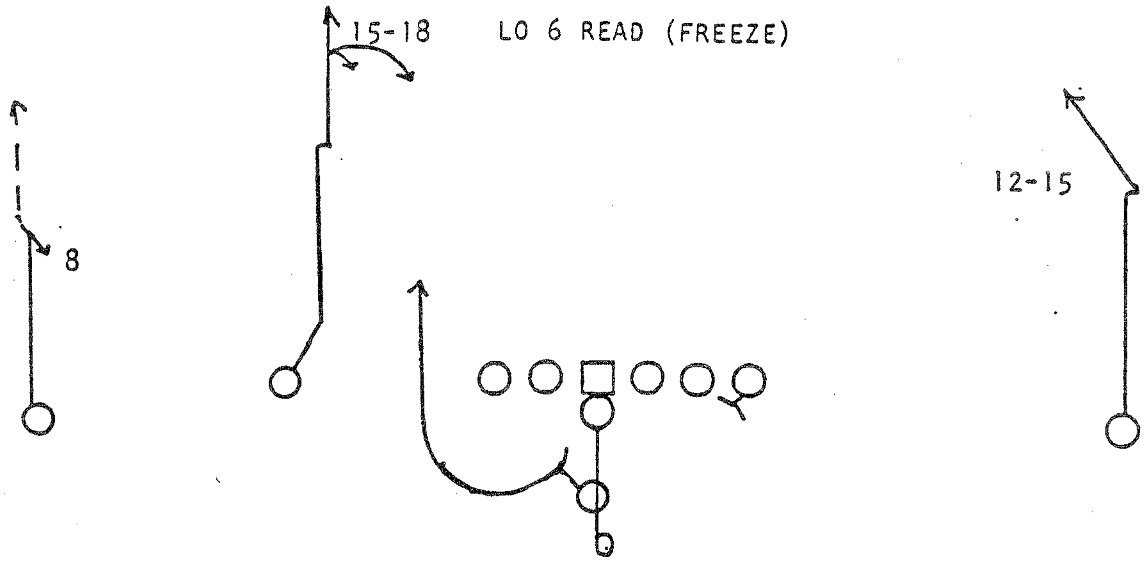
If the center's orange or yellow call isn't coordinated with the huddle call (Robert/Larry), "R" will be responsible for his normal protection rules.

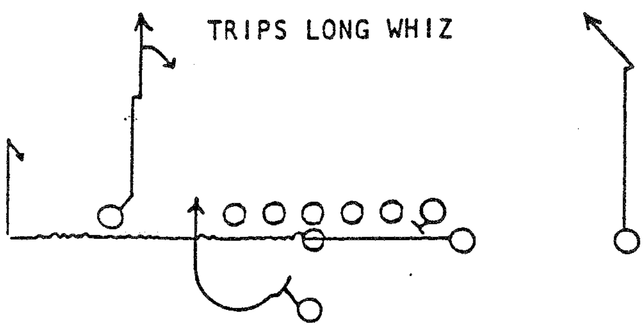
d) FAN CALL - Call made by offensive tackle alerting the adjacent guard and "R" back that he and the guard will be area blocking to their outside. The "R" back will then be responsible for the linebacker over the guard area.

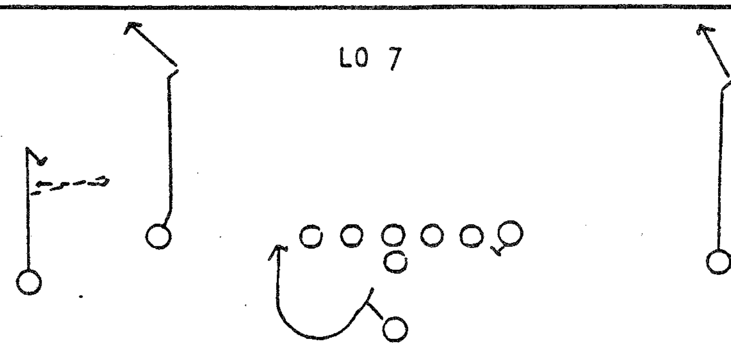
"H-BACK" Run pattern called!

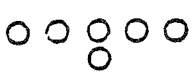
HI/LO SINGLE

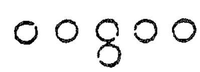
6 Read
9 "H" Corner Swing











KEY COACHING POINTS

QB = Read weakside MOF open work deep short inside/out; MOF closed deep/short outside/in. Z by game plan or S/S blitz. Can throw away from rotation.

S.B.(R) = 1st LB'er inside out not counting Mike, Loop

W.B.(H) = 8 yard Hitch (Fade vs. Press)

Y = Block assignment, LO Single Digit; Sam to S/S

X = Route called (6), vs. Man w/middle closed,

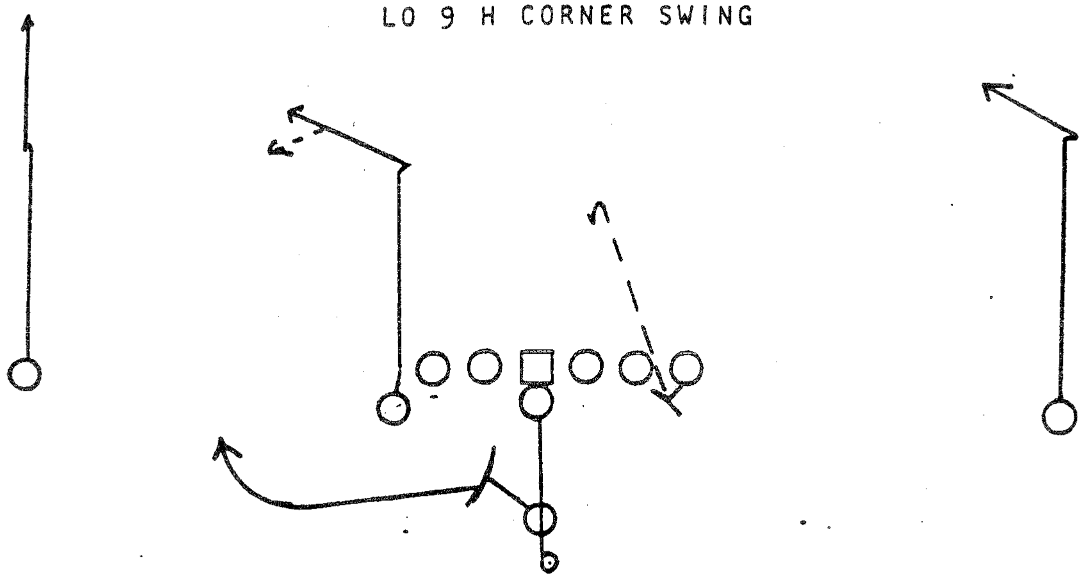
PROTECTION

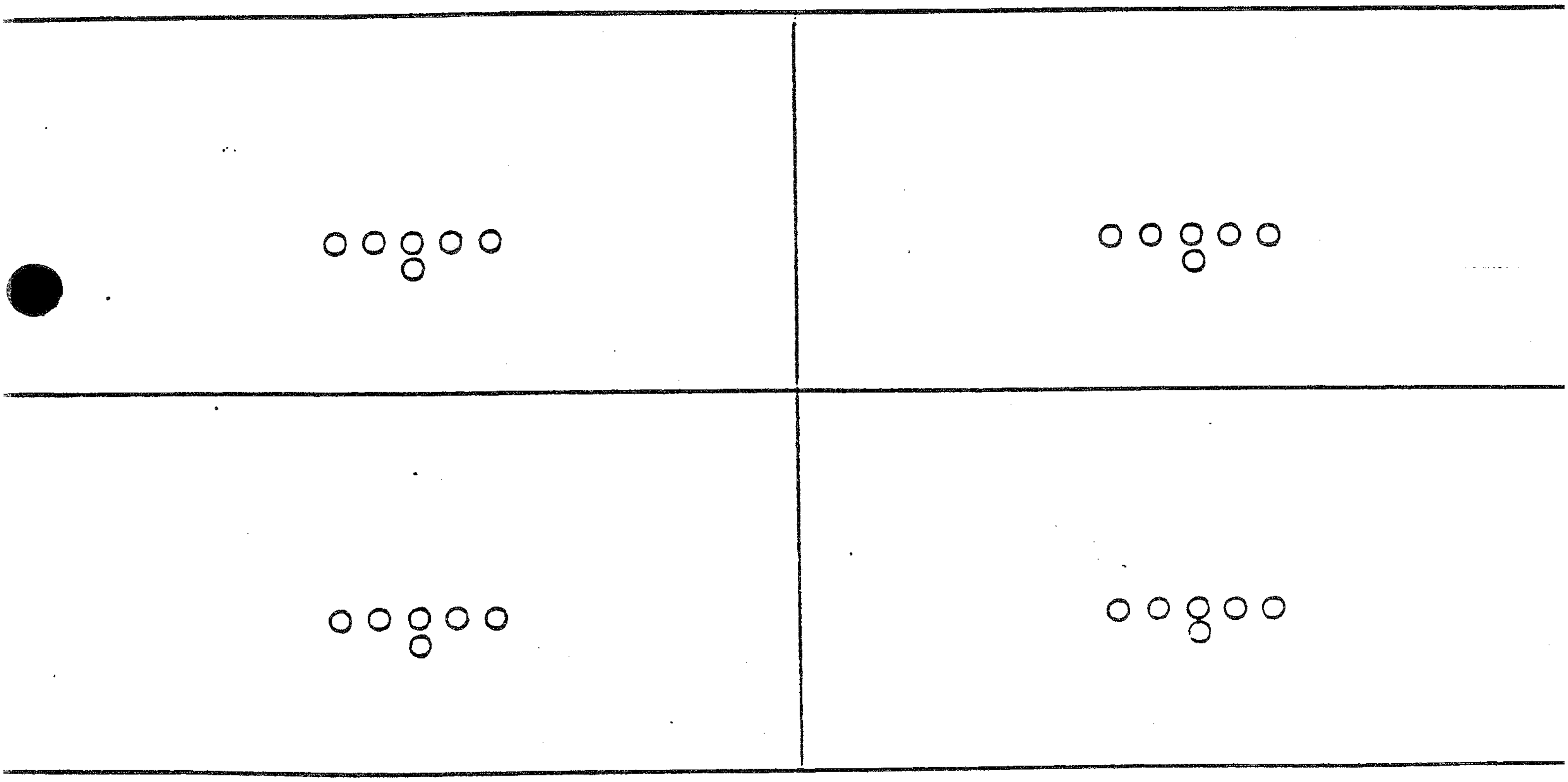
HI/LO Single Digit

FORMATIONS

Freeze
Trips Long Whiz
Freeze Fly
Spread Motion Out

LO 9 H CORNER SWING





KEY COACHING POINTS

QB = Weakside read, MOF closed work outside/ in off underneath coverage; can also throw away from rotation; MOF closed work inside/out throw off underneath coverage.

S.B.(R) = 1st LB'er inside out not counting Mike, Swing
W.B.(H) = Release run cover
"X" = Number 9 adjust vs. W/S Blitz
"Y" = Check #3 Lead
"Z" = 8 route, Fade vs. Roll, adjust vs. S/S Blitz

TABLE OF CONTENTS

(HI-LO PASSING - TRIPLE DIGIT)

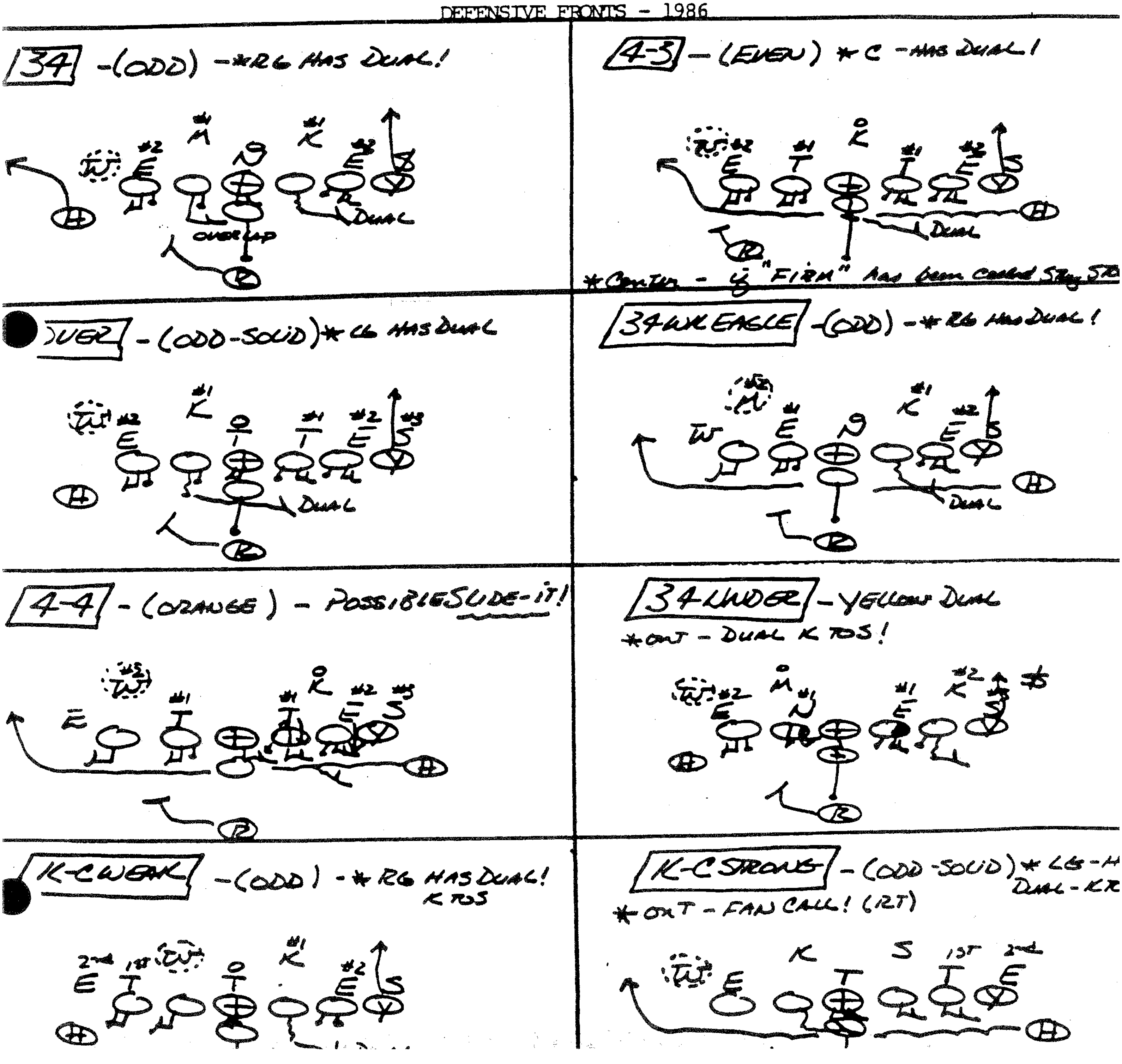
PASSING GAME

PROTECTIONS:

HI-LO PROTECTION (Triple Digit)

Hi-LO PROTECTION with TRIPLE DIGIT PASSING differs from single digit in that our offensive line will block like SCAT PROTECTION! Our first uncovered lineman from the FORMATION CALL SIDE will have a DUAL READ responsibility. This protection will always be run from some form of SPREAD!

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION:

HI-LO PROTECTION (Triple Digit)

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the FORMATION CALL SIDE - Example: TRIPS RIGHT WHIZ - LO - 212 "H" FLAT - RIGHT SIDE is ONSIDE. FREEZE LEFT - HI - 666 READ - LEFT SIDE is ONSIDE. If the term "FIRM" is added prior to the protection call the QB is alerting the offensive team that he is taking a 3 STEP DROP - take your blocking responsibility on at or near the LOS - BE STOUT!

C MAN BLOCKING - "0" - (DROP BACK PROTECTION TECHNIQUE) - Same as SCAT PROTECTION!

CALLS TO BE ALERT FOR:

a) ODD or EVEN CALL - Your call - to determine the alignment of the defense and which onside lineman has the DUAL READ! Same as SCAT PROTECTION!

b) ORANGE or YELLOW CALL - Your call - when uncovered - call to determine which side you are counting "0". ORANGE - to the right; YELLOW - to the left! Versus - 3 DOWN LINEMEN - make color call to the side the nose/tackle aligns. Versus 4 DOWN LINEMEN - make the color call to the side that "Mike" aligns. If the "MIKE" has been substituted for such as in 3rd down looks (NICKEL; DIME; or QUARTER LOOKS) make the call to the FORMATION CALL SIDE in HI/LO TRIPLE DIGIT PASSING!

c) SLIDE-IT CALL - AREA BLOCKING - will only be called by the onside guard after an ORANGE or YELLOW CALL. Set to block the defender aligned on the onside guard - be prepared to handle a T-T TWIST. Same as SCAT PROTECTION!

d) ODD SOLID - Your call - if covered by a down lineman and onside guard is covered by a down lineman — call is to alert OFFSIDE GUARD to DUAL READ - linebacker over to protection call side. NOTE: Vs a K-C STRONG (4 down linemen) and onside tackle makes a FAN CALL - make an ODD SOLID CALL to alert off guard to DUAL!

e) SLIDE RT or SLIDE LT-4 MAN SLIDE from offside guard to onside tackle-AREA BLOCKING. SLIDE RT - means to slide right; SLIDE LT-means to slide left! Same as SCAT PROTECTION!

ON G MAN BLOCKING - #1 - (DROP BACK PROTECTION TECHNIQUE) - Versus an Odd Call - DUAL READ - Same as SCAT PROTECTION!

CALLS TO BE ALERT FOR:

a) EVEN CALL - Set inside to block the #1 - unless he is aligned in a loose 3 technique. Be prepared to handle a T-T TWIST — same as SCAT PROTECTION!

b) SLIDE-IT CALL - Your call - in conjunction with an ORANGE or YELLOW call by center - AREA BLOCKING! If the call is your side and the linebacker or 1st blitzer is aligned on or outside of you - make a SLIDE-IT CALL - open out and slightly back on your set - block any defender that rushes thru your "nose" to the PROTECTION CALL SIDE. Same as SCAT PROTECTION!

c) JOKER CALL - Call made by the onside tackle in conjunction with a SLIDE-IT CALL. The tackle is telling you that he will block the defensive end and for you to slide outside for the widest rusher!

d) SLIDE RT or SLIDE LT-4 man slide from offside guard to onside tackle-AREA BLOCKING. SLIDE RT -means to slide right;SLIDE LT-means to slide left.Same as SCAT PROTECTION!

d) FAN CALL - If onside tackle makes FAN CALL - set to block the defender aligned on the tackle! Use a WIDE RUSH SET! Same as SCAT PROTECTION!

ON T MAN BLOCKING - #2 - (DROP BACK PROTECTION TECHNIQUE). If #2 is a linebacker - DUAL READ. Same as SCAT PROTECTION!

CALLS TO BE ALERT FOR:

a) SLIDE-IT CALL - AREA BLOCKING - open out to block the widest rusher on the LOS - same as SCAT PROTECTION!

b) JOKER CALL -Your call - in conjunction with a SLIDE-IT CALL. If there is a wide rush end and another defender aligned outside on LOS make a JOKER CALL to the guard and set to block the WIDE RUSH END all the way!

c) SLIDE RT or SLIDE LT - 4 man slide from offside guard to onside tackle-AREA BLOCKING. SLIDE RT-means to slide right; SLIDE LT-means to slide left. Same as SCAT PROTECTION!

d) FAN CALL - Your call - if covered by a down lineman and rush-end aligned on tight end (K-C LOOK) - make FAN CALL - set accordingly to block the wide-rush end! Same as SCAT PROTECTION!

OFF G MAN BLOCKING - #1 - (DROP BACK PROTECTION TECHNIQUE). Same as SCAT PROTECTION! NOTE: If covered by a down lineman and linebacker walks up or threatens the center-guard gap (1 GAP) - set inside and block the linebacker.

CALLS TO BE ALERT FOR:

a) ODD-SOLID - Center is telling you to DUAL READ (Mike to Sam). Same as SCAT PROTECTION!

b) SLIDE RT or SLIDE LT- 4 MAN SLIDE from offside guard to onside tackle-AREA BLOCKING. SLIDE RT-means to slide right; SLIDE LT-means to slide left! Same as SCAT PROTECTION!

c) FAN CALL - If offside tackle makes FAN CALL set to block the defender aligned on the tackle. Use a WIDE RUSH SET! Same as SCAT PROTECTION!

OFF T — MAN BLOCKING - #2 - (DROP BACK PROTECTION TECHNIQUE). NOTE: If #2 is a linebacker - FAN - 2nd man on LOS or the next defender to outside. (34 Weak Eagle or Under Look). Same as SCAT PROTECTION!

CALLS TO BE ALERT FOR:

a) FAN CALL - Your call - if covered by a down lineman and rush-end aligned outside (K-C LOOK) - make FAN CALL - set accordingly to block the wide-rush end!

"Y" — Run Pattern Called!

"R-BACK" — This is a man protection scheme and "R" is responsible for the first "Blitzer" from inside-out, not counting the "Mike" linebacker. If your man does not rush the passer, scan from inside-out for any free (unblocked) opponent and block them. After checking your primary and secondary protection responsibilities, proceed with your pass pattern (if called) responsibility. Example: Vs. a normal 4-3 front: "R" is responsible for the weakside linebacker. Vs. a normal 3-4 front, "R" is responsible for the weakside linebacker. NOTE: We designate both inside linebackers in a 3-4 front as "Mike".

a) OVERLOAD - If your protection responsibility vacates his position and goes over to the strongside of the formation, you must go across and block the first blitzer outside of the offensive tackle. If your responsibility vacates his position and takes up a coverage position in the secondary, you are free to proceed with your pass pattern.

b) SLIDE RT or SLIDE LT-A call made by the center alerting the back to take the first blitzer from the "guard area" to the outside.

c) ROBERT/LARRY - When coordinated with an Orange or Yellow (Orange = Robert and Yellow = Larry), the "R" will block the "second" blitzer from inside-out.

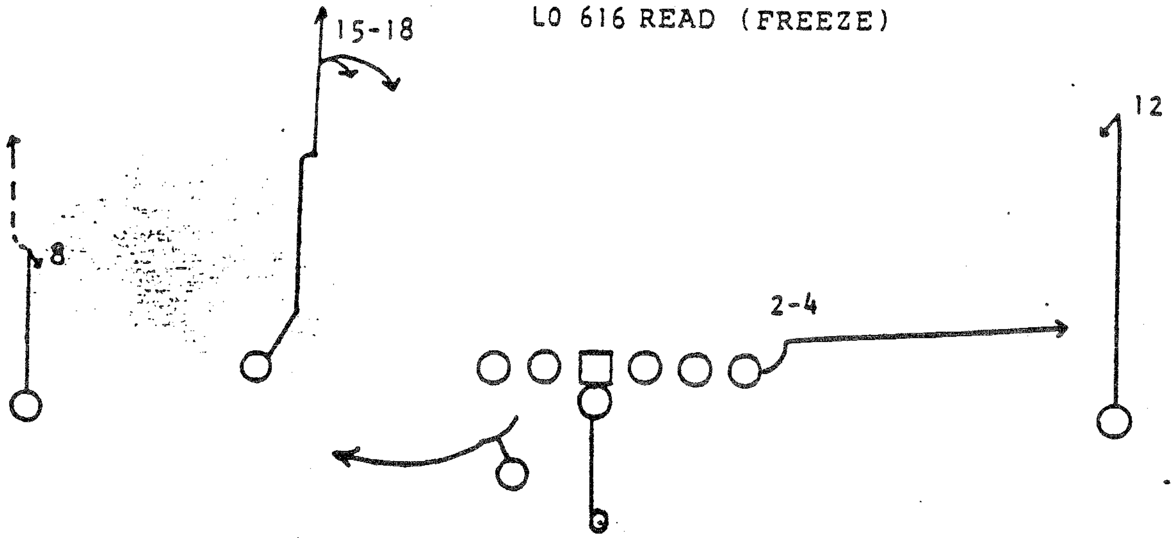
If the center's orange or yellow call isn't coordinated with the huddle call (Robert/Larry), "R" will be responsible for his normal protection rules.

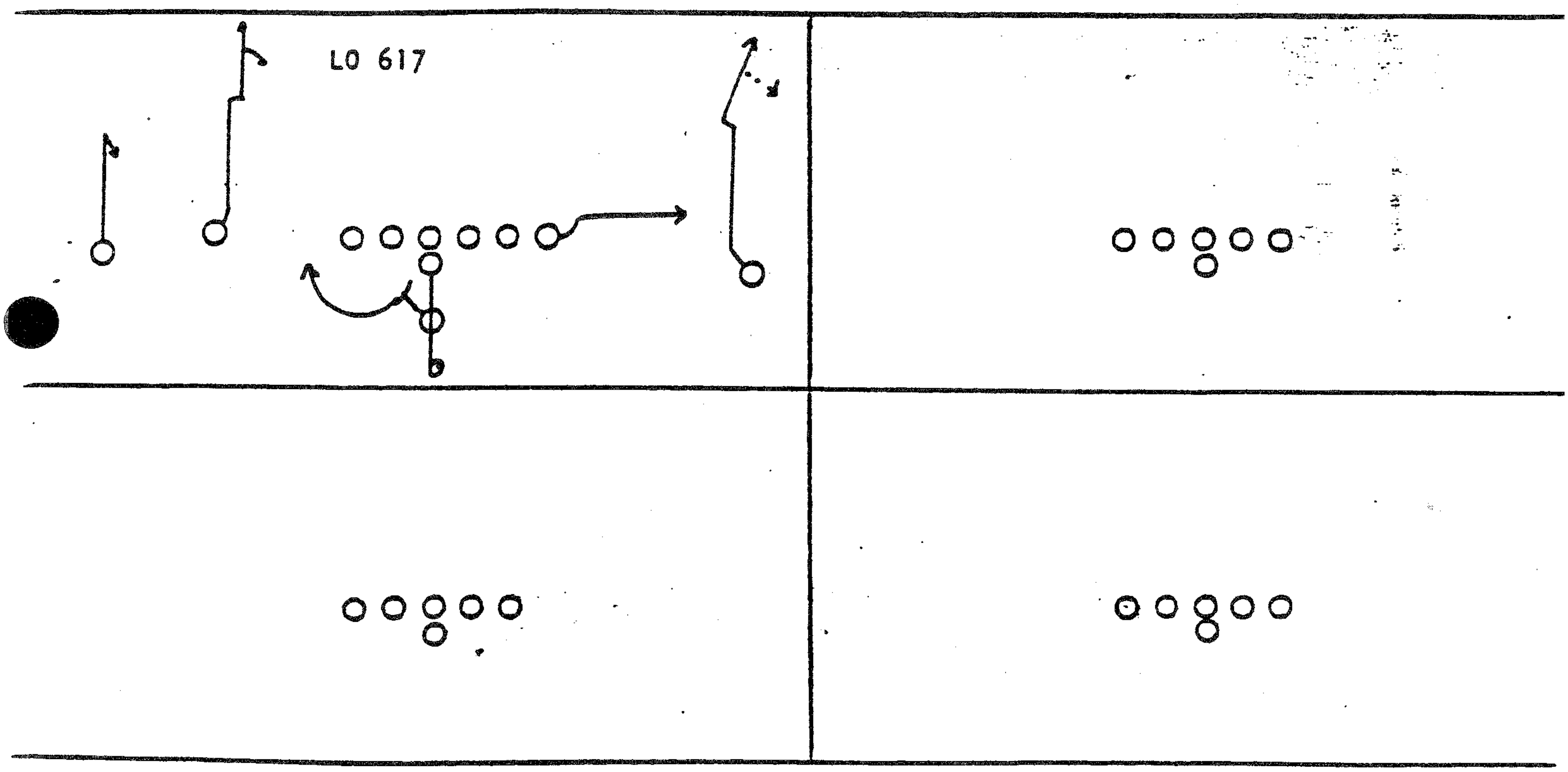
d) FAN CALL - Call made by offensive tackle alerting the adjacent guard and "R" back that he and the guard will be area blocking to their outside. The "R" back will then be responsible for the linebacker over the guard area.

HI/LO TRIPLE

616
212 "H" Flat
668 Read
666 Read
696 "H" Post
996
717 "H" Flat

LO 616 READ (FREEZE)





KEY COACHING POINTS

QB = Coverage read, MOF closed throw away from rotation, work outside/in; MOF open stay weak and work inside/out deep to short.

R = 1st LB'er inside out not counting Mike, run Swing

H = 8 yard Hitch, fade vs. press

Y = Route called (1) Settle vs. Roll corner (must check for S/S blitz)

X = Route called (6), vs. man with middle closed, can run like 4 route, vs. middle open take it

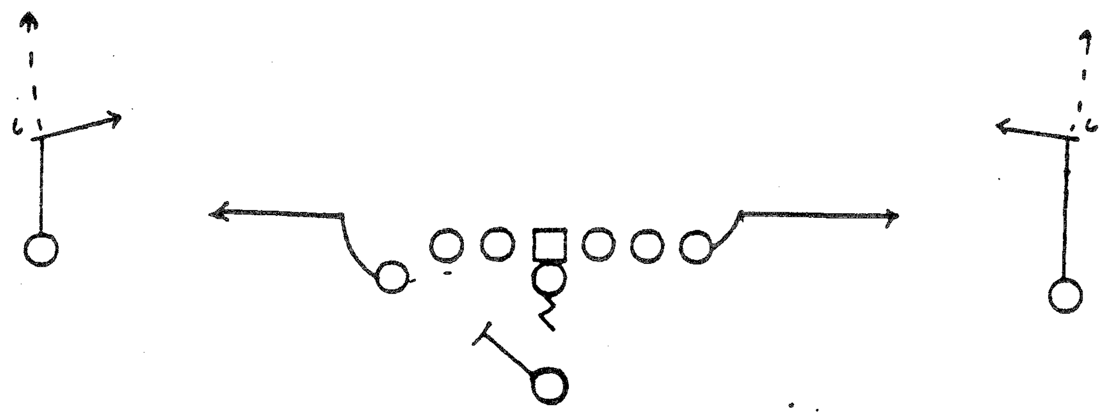
Z = Route called (6), fade vs. press

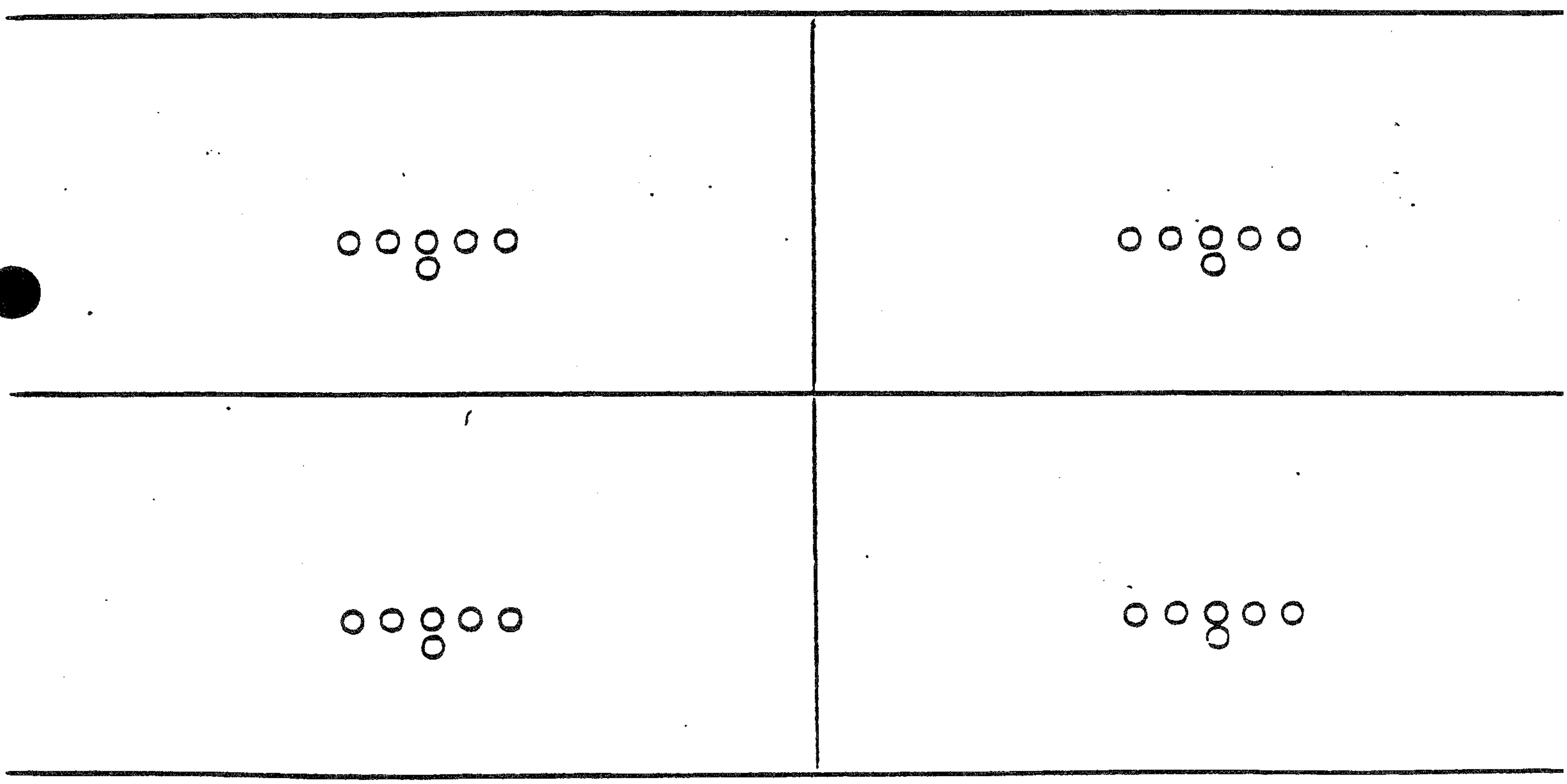
PROTECTION

HI/LO Triple Digit

FORMATIONS

Freeze
Spread Jet Out
Trips Long Whiz





KEY COACHING POINTS

QB = Coverage read, MOF closed throw away from rotation; work outside/in deep to short; MOF open pick a side and throw off underneath coverage.

S.B.(R) = 1st LB'er inside out not counting Mike

W.B.(H) = Free release run tag (flat)

X = 1st Digit (2) Fade vs. Roll, adjust vs. W/S Blitz

Y = 2nd Digit (1) vs. S/S Blitz run thru

Z = 3rd Digit (2) Fade vs. Roll

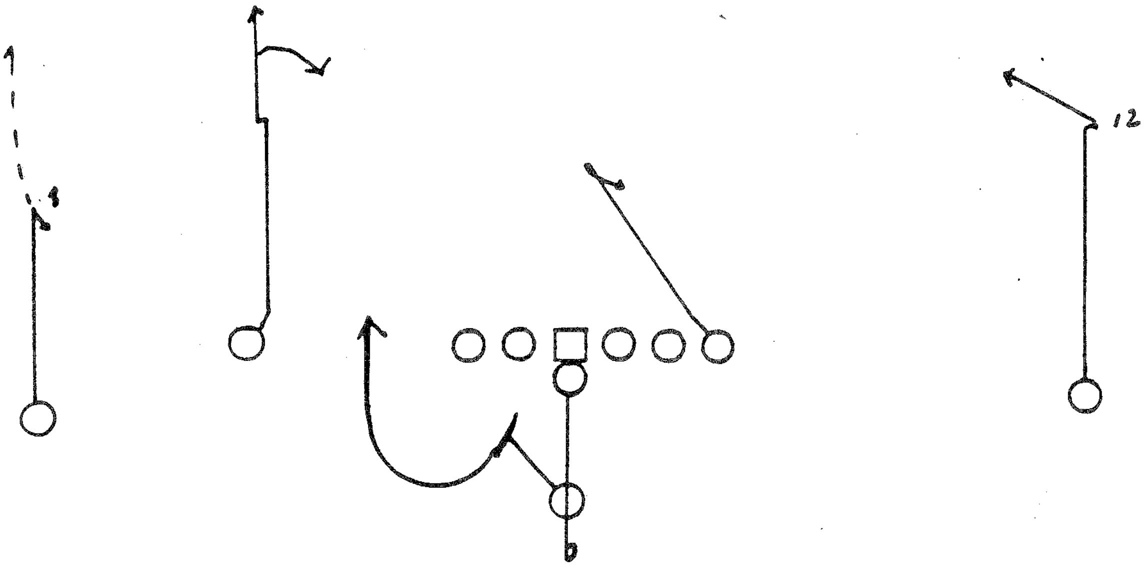
PROTECTION

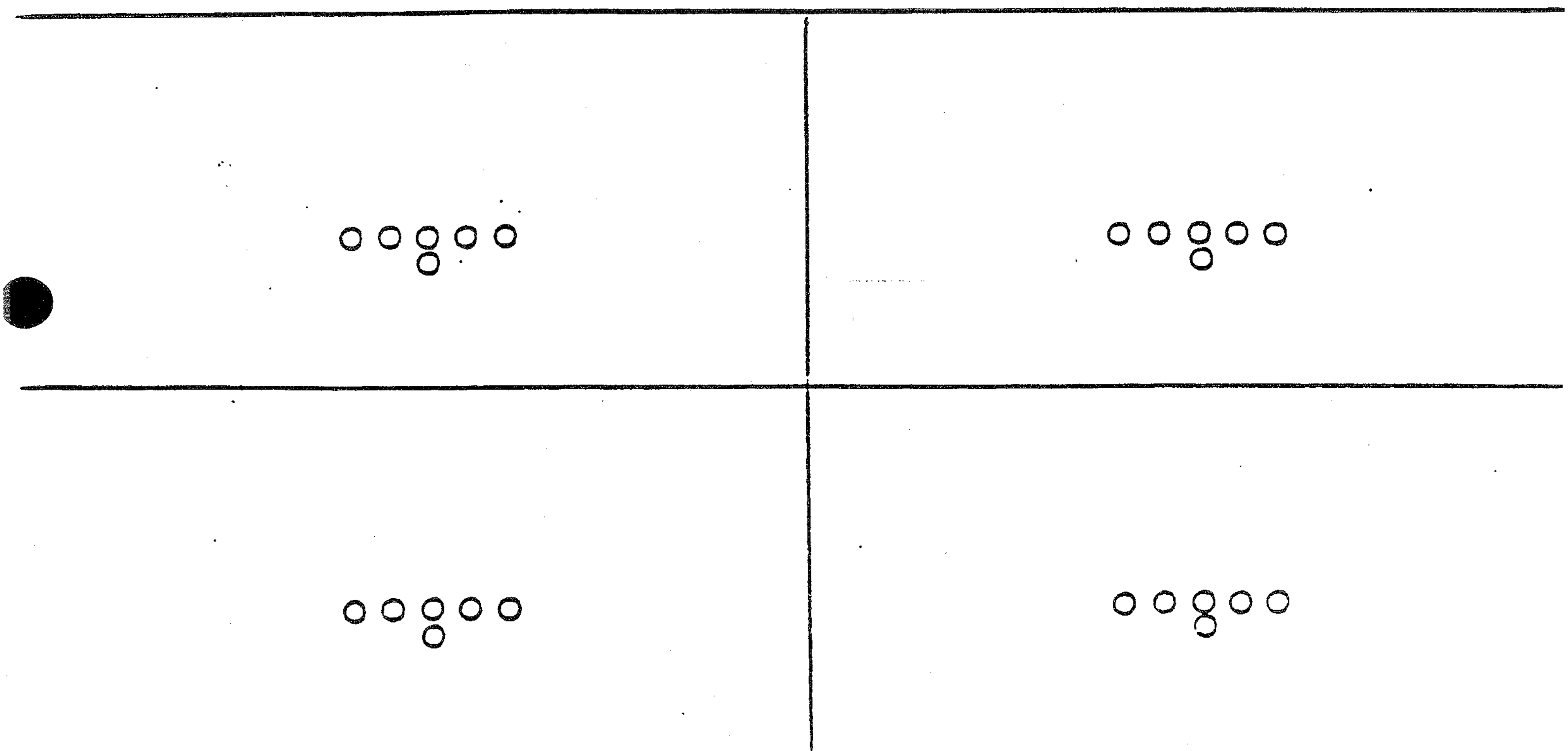
Hi/Lo Triple Digit

FORMATIONS

Spread
Unit
Trips Whiz

LO 668 READ (FREEZE)





KEY COACHING POINTS

QB = Read coverage, MOF closed throw away from rotation, work outside/in. MOF open stay weak, deep to short inside/out.

S.B.(R) - 1st LB'er weak inside out not counting Mike, Loop.

W.B.(H) = Free release run 8 yard Hitch, Fade vs. Roll

X = 1st Digit (6)(inside 8 read) vs. W/S Blitz adjust

Y = 2nd Digit (6)

Z = 3rd Digit (8) Fade vs. Roll (Wide Split)

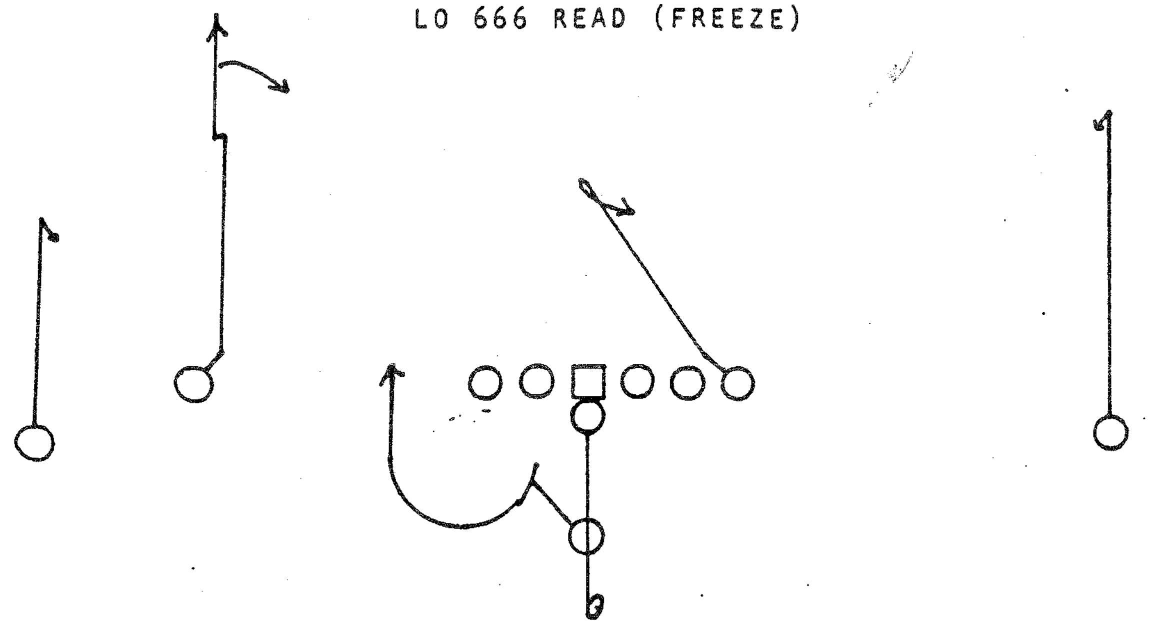
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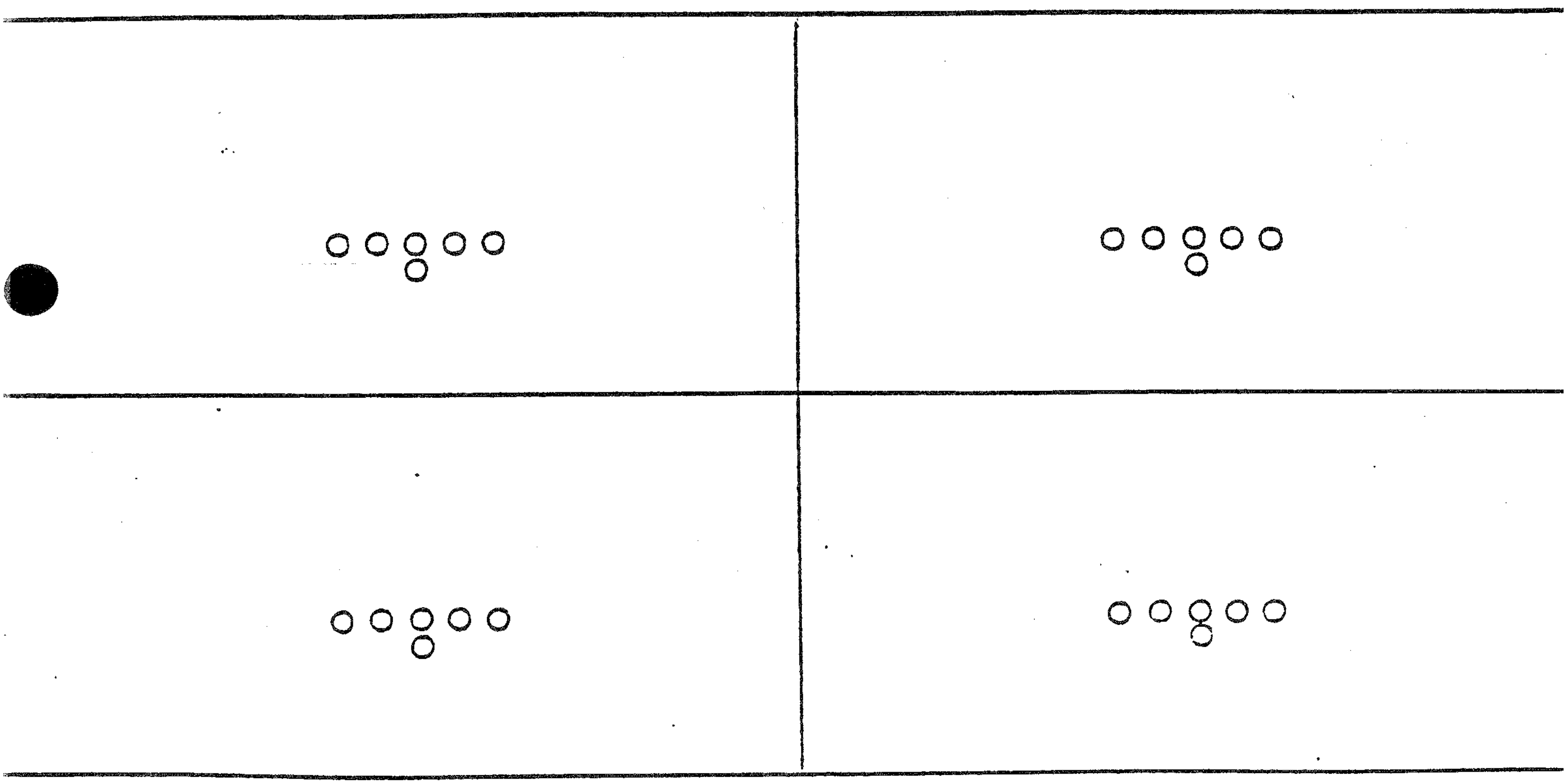
Hi/Lo Triple Digit

FORMATIONS

Freeze

Trips Long Whiz





KEY COACHING POINTS

QB = Coverage read, MOF closed throw away from rotation work outside/in; MOF open work weak deep/short inside/out.

S.B.(R) = Go weak, 1st LB'er inside out not counting Mike, Loop

W.B.(H) = Free release run 8 yard Hitch, Fade vs. Roll

X = 1st Digit (6) adjust vs. W/S Blitz

Y = 2nd Digit (6)

Z = 3rd Digit (6) Fade vs. Roll (Wide Split)

PROTECTIONS

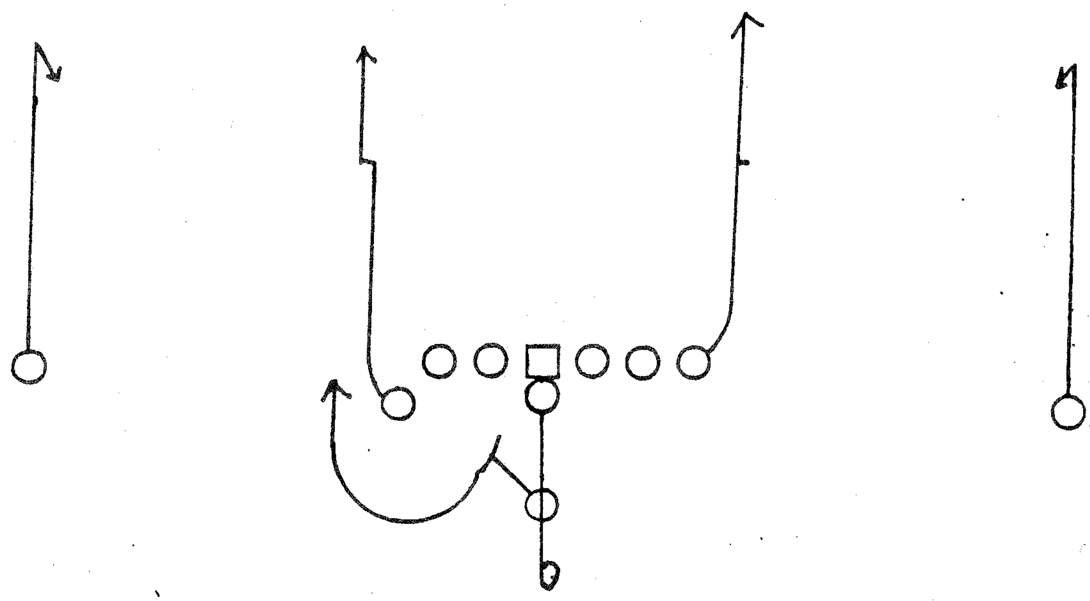
Hi/Lo Triple Digit

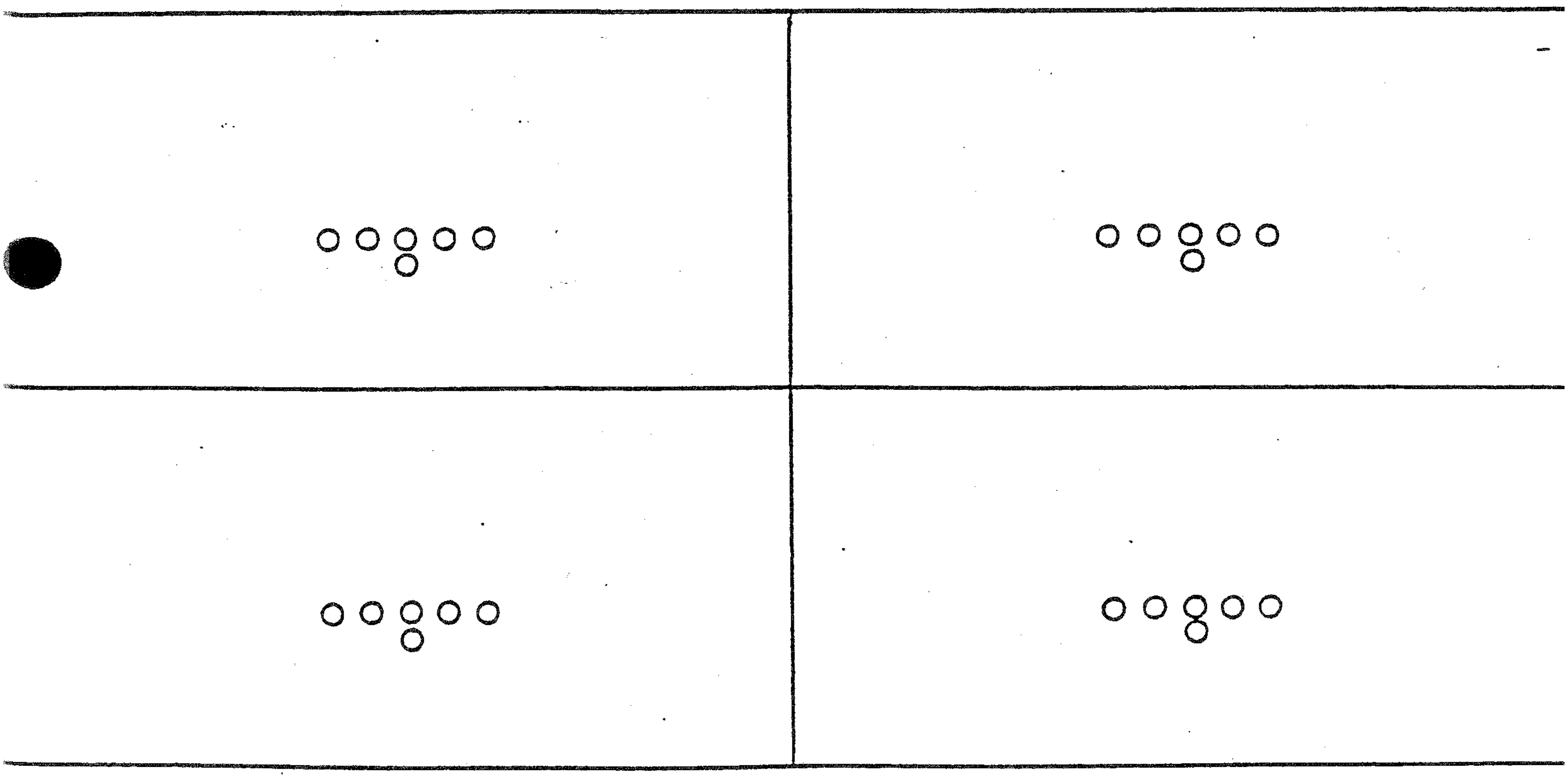
FORMATIONS

Freeze

Trips Long Whiz

LO 696 "H" POST (SPREAD)





KEY COACHING POINTS

QB - Coverage read, MOF closed work away from rotation try to move W/S inside/out; MOF open can work either side inside/out. Responsible with X for W/S; responsible with Y for strong blitz.

S.B.(R)-1st linebacker inside/out not counting Mac(weakside) run Loop.

W.B.(H)-Free release run post (no read)

"X" -6 Route-wide split, fade vs. Roll. W/S blitz W/QB.

"Y" -9 Route

"Z" -6 Route - wide split, fade vs. Roll.

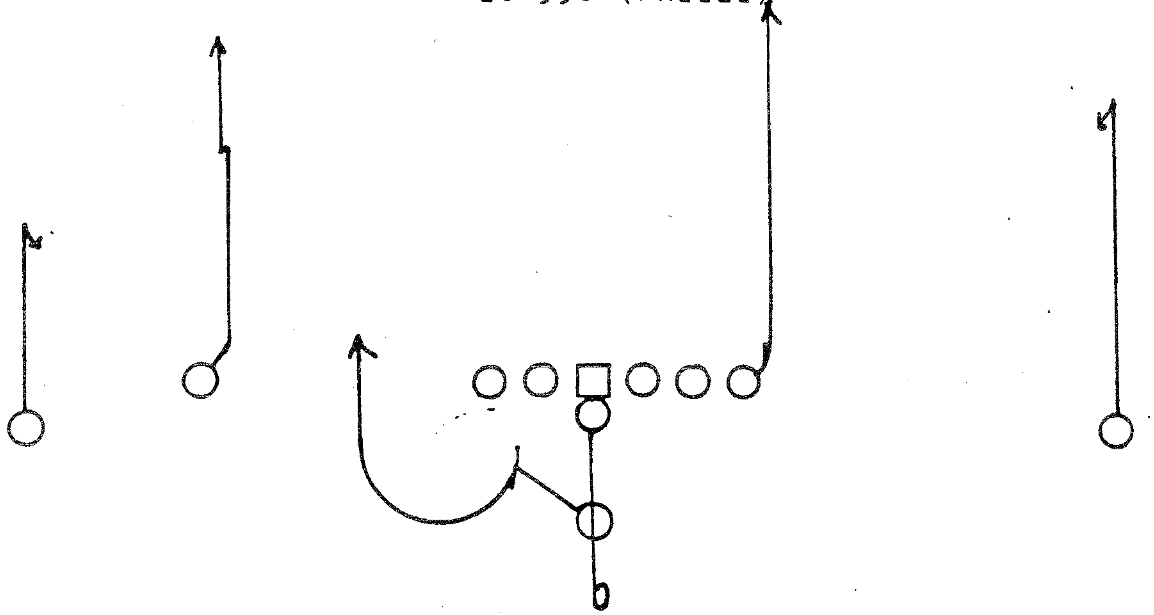
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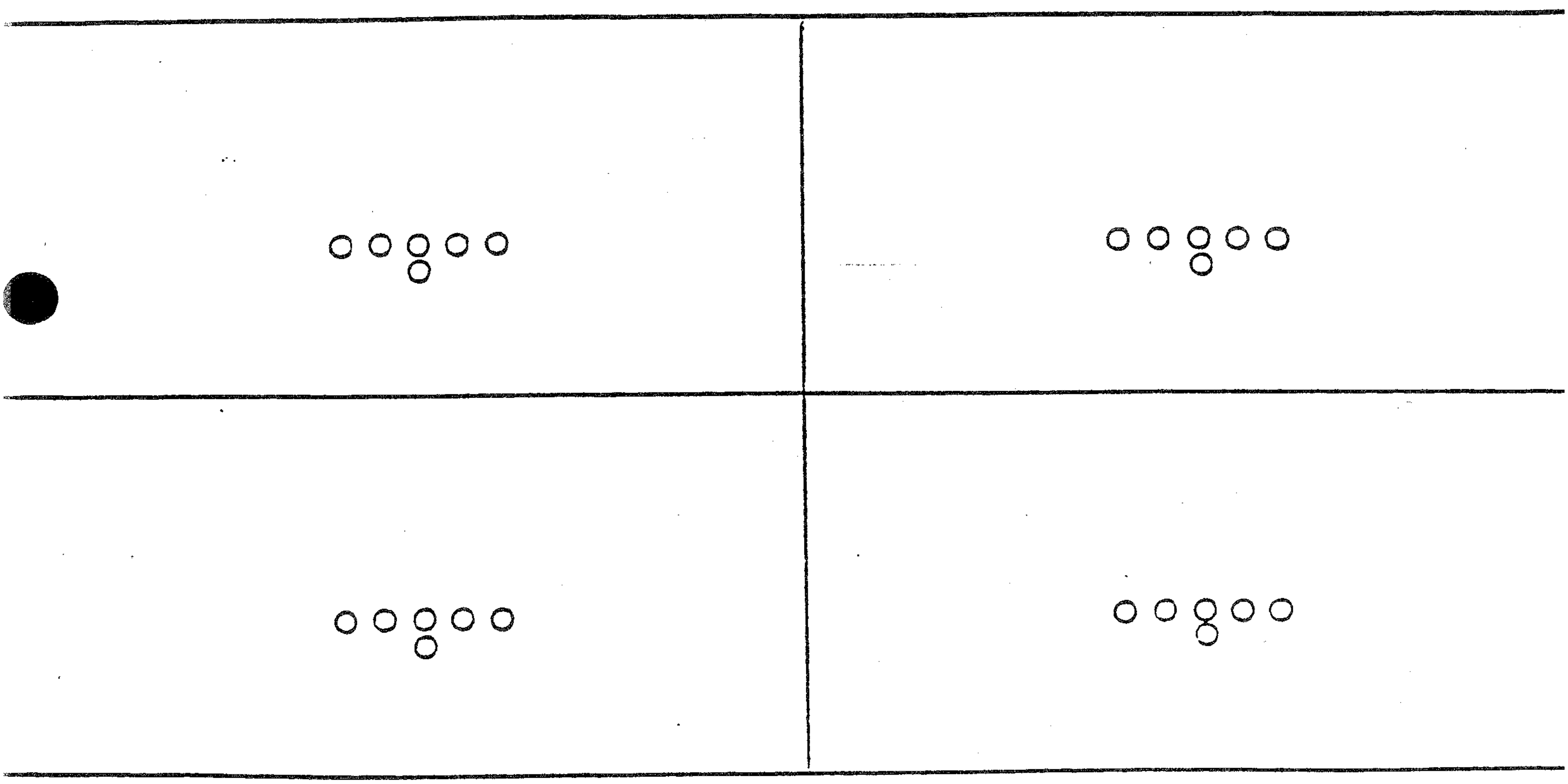
Hi/Lo Triple

FORMATIONS

Spread
Dart
Spread Fake Motion
Trips Whiz

LO 996 (FREEZE)





KEY COACHING POINTS

PROTECTIONS

Hi/Lo Triple Digit

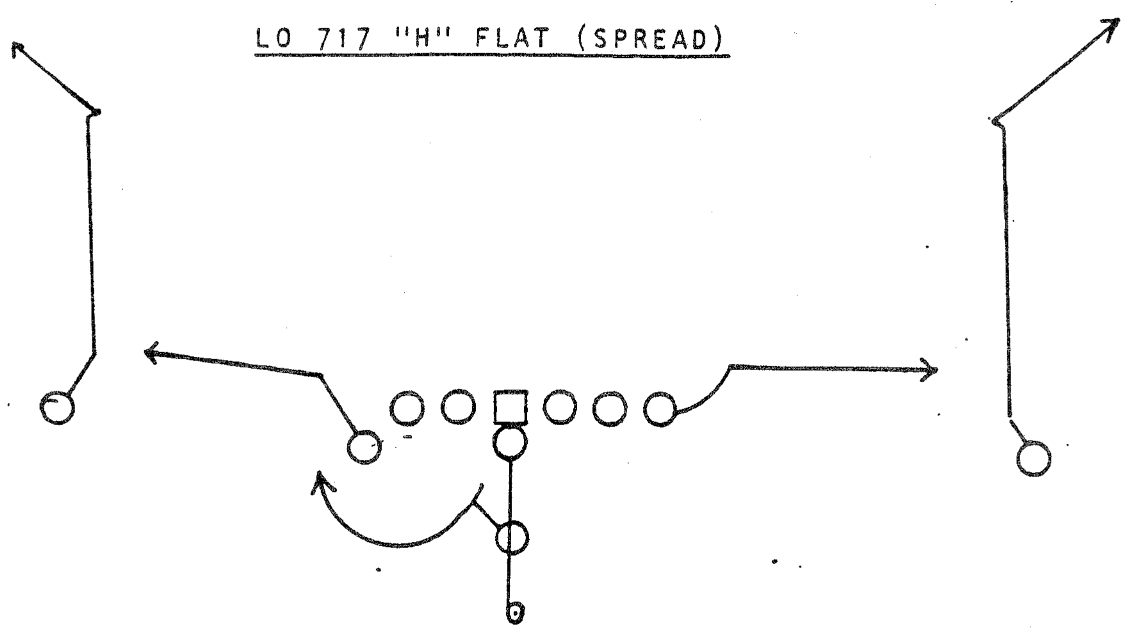
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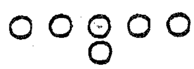
Freeze
Trips Long Whiz

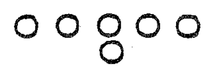
QB = Coverage read, MOF closed throw away from rotation, work outside/in; MOF open pick a side and work inside/out deep to short.

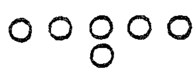
S.B. = 1st LB'er weak inside out not counting Mike
W.B. = 8 yard Hitch, Fade vs. Roll
"X" = 1st Digit, inside 9, adjust vs. W/S Blitz
"Y" = 2nd Digit (9) Pressure outside release
"Z" = 3rd Digit (6) Fade vs. Roll, Wide Split

LO 717 "H" FLAT (SPREAD)











KEY COACHING POINTS

QB - Coverage read, MOF closed throw away from rotation work outside/in deep to short, throw off underneath coverage. MOF open can work either side, deep to short outside/in; responsible with X for W/S. Responsible with Y for strong blitz.

S.B.(R)-1st linebacker inside out not counting Mike, Loop.

W.B.(H)-Free release, Flat

"Y" -1 Route

"X" -7 Route

"Z" -7 Route

PROTECTION

Hi/Lo Triple

FORMATIONS

Spread
Trips Whiz
Dart
Spread Fake Motion

TABLE OF CONTENTS

(OPTION - SINGLE DIGIT PASSING)

PASSING GAME

PROTECTION:

OPTION PROTECTION (Single Digit)

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the protection call side - Example: OPTION RIGHT or OPTION LEFT. It is important that our OFFSIDE TACKLE listens for the Single Digit Call as it affects your rule. Example: OPTION LEFT - 3 H HIDE!

C - ONSIDE GAP - ONSIDE LINEBACKER - SLIDE TOWARDS THE CALLSIDE. (DROPBACK TECHNIQUE - SLIDE BLOCKING SCHEME). If covered by a down lineman, take a 2 to 3 inch pivot step with your offside foot - PUNCH AND PIVOT and slide towards the call side. If defender starts to rush thru your onside shoulder or gap - lock-up and drive as hard as possible working to get square.

ON G - FIRST MAN ON LOS - FAN - (DROPBACK TECHNIQUE - SLIDE BLOCKING SCHEME). If covered by a down lineman - set for his outside number - if he rushes thru your "nose" to your outside eye or shoulder-block him all the way. If he rushes thru your inside eye or shoulder-PUNCH & PASS him to the center. If he is aligned inside eye or shoulder (1 TECH) take a 2-3 inch pivot step with your offside foot (inside)--PUNCH & PIVOT and slide towards the call side. If covered by a linebacker, the 1st man on LOS is aligned on the tackle - set for a a wide-rush defender.

ON T - SECOND MAN ON LOS - FAN - (DROPBACK TECHNIQUE - SLIDE BLOCKING SCHEME). If covered by a down lineman and defender outside set for the widest defender on LOS. If defender aligned on you rushes thru your outside eye or shoulder - lock on and block him all the way. If defender rushes inside of you - block the next man from outside or next defender coming into your area.

OFF G - MAN BLOCKING - #1 - If #1 is a linebacker - slide aggressively towards the NOSE/TACKLE (Punch his socks off). Step with your near foot towards the hip of the nose/tackle - if the hip goes away throttle down and get under control with a base - look for a blitz or twist coming into your area from the call side. If #1 is a down linemen - proper set - DROPBACK PROTECTION TECHNIQUE - Take him on or near the LOS

CALLS TO BE ALERT FOR:

a) SLIDE IT - If covered by a down lineman and tackle makes a SLIDE IT CALL - Take a 2 to 3 inch pivot step with your offside foot - PUNCH AND PIVOT and slide towards the call side. If defender starts to rush thru your onside shoulder or gap - lock-up and drive as hard as possible to get square.

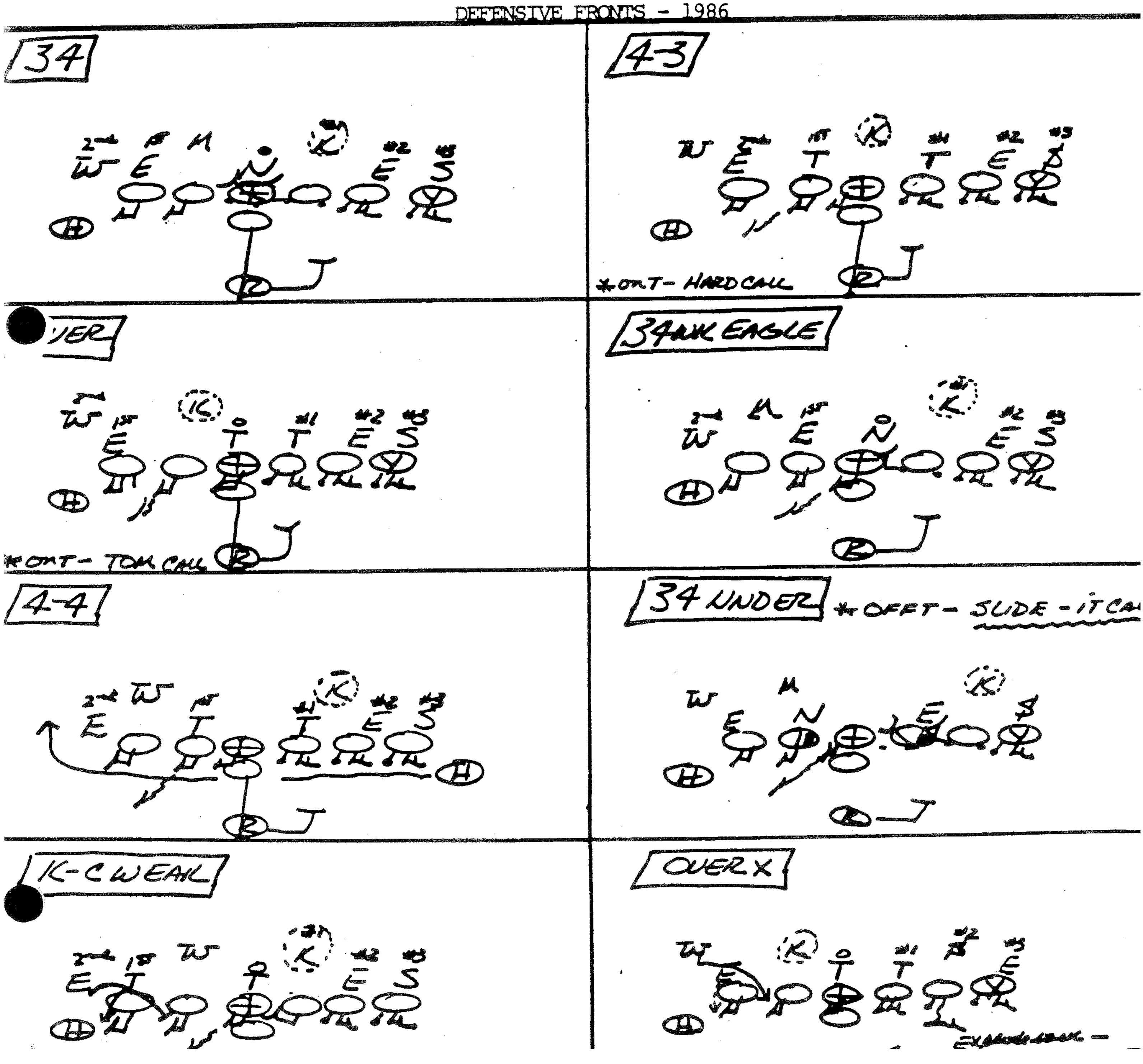
PASSING GAME

PROTECTION:

OPTION PROTECTION (Single Digit)

This is a DROP BACK STYLE of pass protection where our offensive line will use FAN BLOCKING PRINCIPLES to the call side with a SLIDE BLOCKING SCHEME to handle the various twists and blitzes. Our TIGHT END will be given a blocking responsibility in single digit passing while our "R-BACK" will check first linebacker from inside-out away from the call side including "MIKE".

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION:

OPTION PROTECTION (Single Digit)

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the protection call side - Example: OPTION RIGHT or OPTION LEFT. It is important that our OFFSIDE TACKLE listens for the Single Digit Call as it affects your rule. Example: OPTION LEFT - 3 H HIDE!

C - ONSIDE GAP - ONSIDE LINEBACKER - SLIDE TOWARDS THE CALLSIDE. (DROPBACK TECHNIQUE - SLIDE BLOCKING SCHEME). If covered by a down lineman, take a 2 to 3 inch pivot step with your offside foot - PUNCH AND PIVOT and slide towards the call side. If defender starts to rush thru your onside shoulder or gap - lock-up and drive as hard as possible working to get square.

ON G - FIRST MAN ON LOS - FAN - (DROPBACK TECHNIQUE - SLIDE BLOCKING SCHEME). If covered by a down lineman - set for his outside number - if he rushes thru your "nose" to your outside eye or shoulder-block him all the way. If he rushes thru your inside eye or shoulder-PUNCH & PASS him to the center. If he is aligned inside eye or shoulder (1 TECH) take a 2-3 inch pivot step with your offside foot (inside)--PUNCH & PIVOT and slide towards the call side. If covered by a linebacker, the 1st man on LOS is aligned on the tackle - set for a a wide-rush defender.

ON T - SECOND MAN ON LOS - FAN - (DROPBACK TECHNIQUE - SLIDE BLOCKING SCHEME). If covered by a down lineman and defender outside set for the widest defender on LOS. If defender aligned on you rushes thru your outside eye or shoulder - lock on and block him all the way. If defender rushes inside of you - block the next man from outside or next defender coming into your area.

OFF G - MAN BLOCKING - #1 - If #1 is a linebacker - slide aggressively towards the NOSE/TACKLE (Punch his socks off). Step with your near foot towards the hip of the nose/tackle - if the hip goes away throttle down and get under control with a base - look for a blitz or twist coming into your area from the call side. If #1 is a down linemen - proper set - DROPBACK PROTECTION TECHNIQUE - Take him on or near the LOS

CALLS TO BE ALERT FOR:

a) SLIDE IT - If covered by a down lineman and tackle makes a SLIDE IT CALL - Take a 2 to 3 inch pivot step with your offside foot - PUNCH AND PIVOT and slide towards the call side. If defender starts to rush thru your onside shoulder or gap - lock-up and drive as hard as possible to get square.

OFF T - MAN BLOCKING - #2 - #2 is always the defender aligned on or outside of you. (DROPBACK PROTECTION TECHNIQUE). Always set slightly towards the protection call side - There is no help from your guard - Area block with the TIGHT END. If #2 is a linebacker set approximately 1 to 1½ yards deep - read the linebacker - if he drops look to help your tight end.

CALLS TO BE ALERT FOR:

a) SLIDE IT - Your call - In order to handle the over-shifted looks it is critical you recognize where the defensive end aligns. If he happens to align on your offside guard - make a SLIDE IT CALL to the guard and block aggressively on the defensive end aligned on the guard. Step with your near foot towards the hip of the defensive end - if the hip goes away, throttle down and get under control. Look for a blitz coming from the CALL SIDE.

"Y" MAN BLOCKING - #3 - #3 is always the defender aligned on or outside of you (DROP BACK PROTECTION TECHNIQUE).

"R-BACK" Step away from directional call of the protection. You are responsible for the first blitzer from inside out. NOTE: your man may be as far back as the opposite guard vs a 4-3 over defensive front. Once you have checked for your primary protection responsibility, look for any wrong colored jerseys, and proceed with your pattern responsibility.

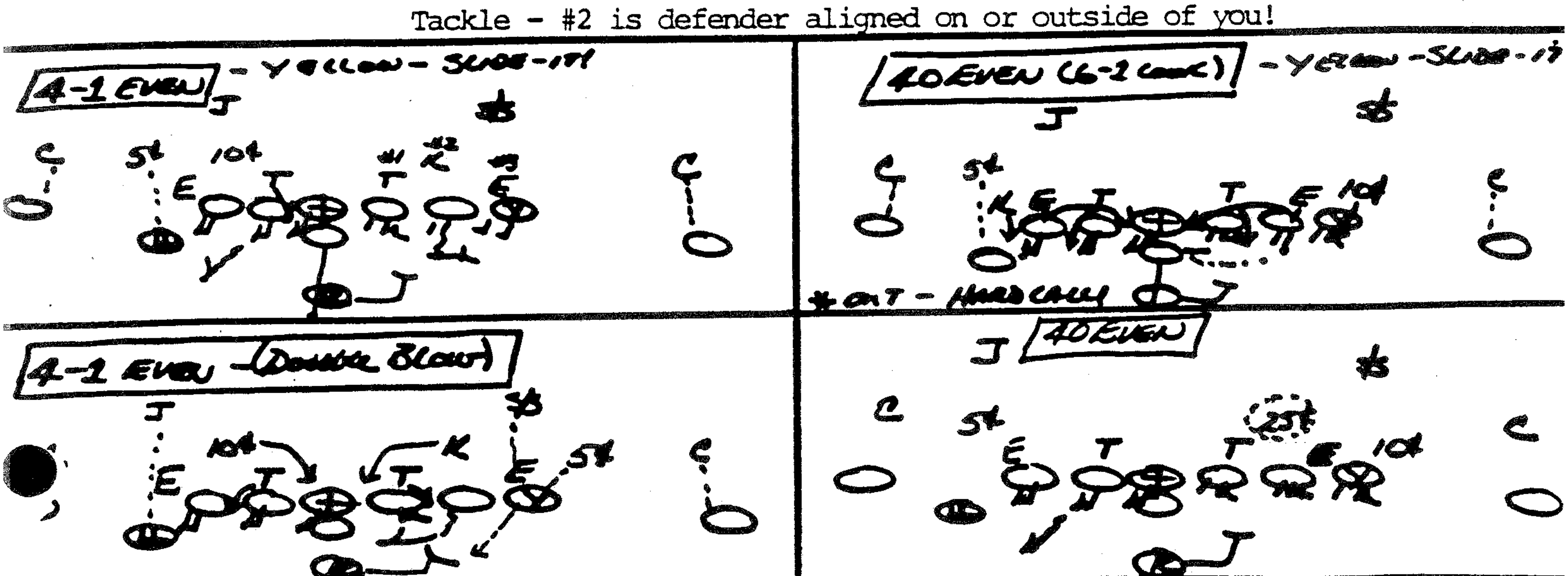
"H-BACK" Run Pattern Called.

SPECIAL SITUATIONS - 3RD AND MEDIUM TO LONG

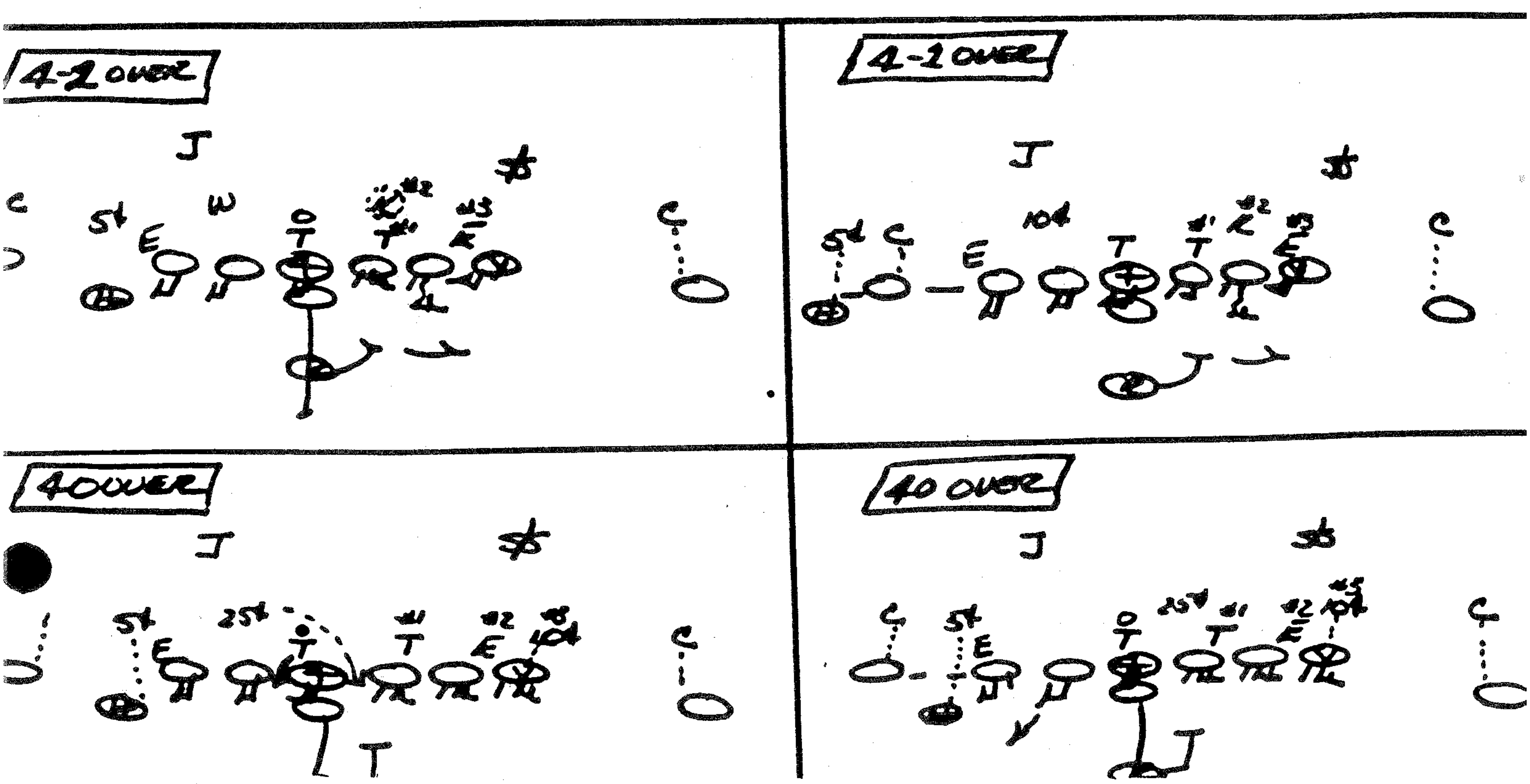
(OPTION - SINGLE DIGIT PASSING VS NICKEL; DIME; QUARTER LOOKS)

If it is a definite passing situation (2nd and long; 3rd and medium (3 to 6 yards); or 3rd and long (+6 or more) our center will alert the offensive line to remain in a PRE-SET position with a RACE HORSE CALL. Whether they have NICKEL; DIME; or QUARTER personnel in the game will not affect how we make our calls!

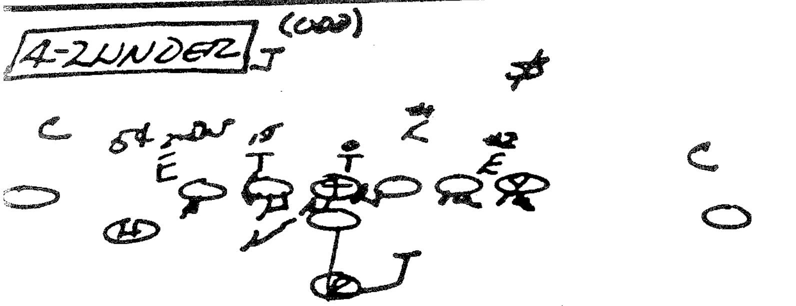
a) EVEN LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - make color call to the PROTECTION CALL SIDE! * Off Tackle - #2 is defender aligned on or outside of you!

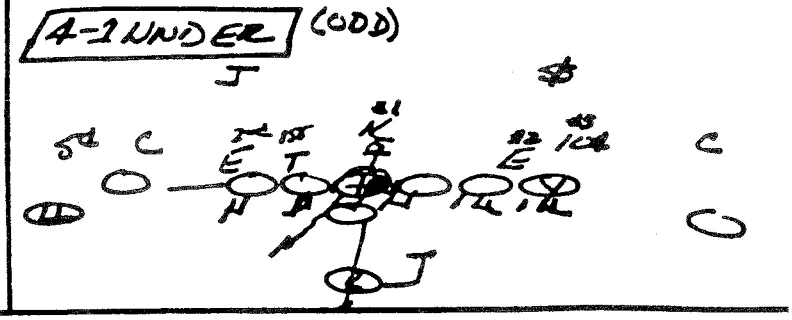


b) OVER LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - be alert to handle a T-T TWIST with offside guard!

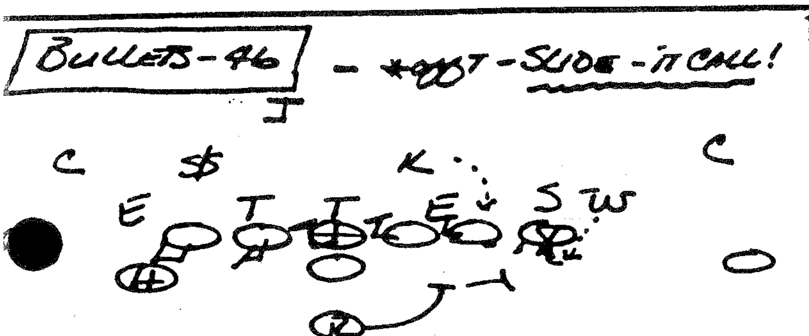


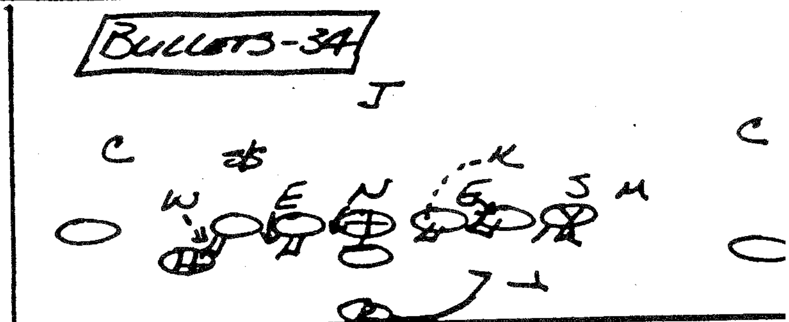
c) UNDER LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). OFF GUARD - covered by a linebacker or uncovered - slide inside towards hip of nose-tackle - hip goes away be alert for a TWIST or BLITZ from protection call side!

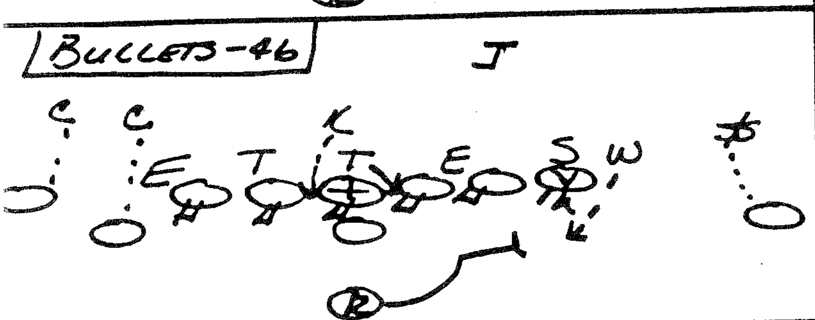




d) BASTARD LOOKS - 3 or 4 DOWN PERSONNEL - These looks require special blocking and the CENTER will alert the team by making a BULLETS CALL. The OFFSIDE TACKLE will make a SLIDE-IT CALL and set inside for the 3 technique (defender aligned on the guard!).



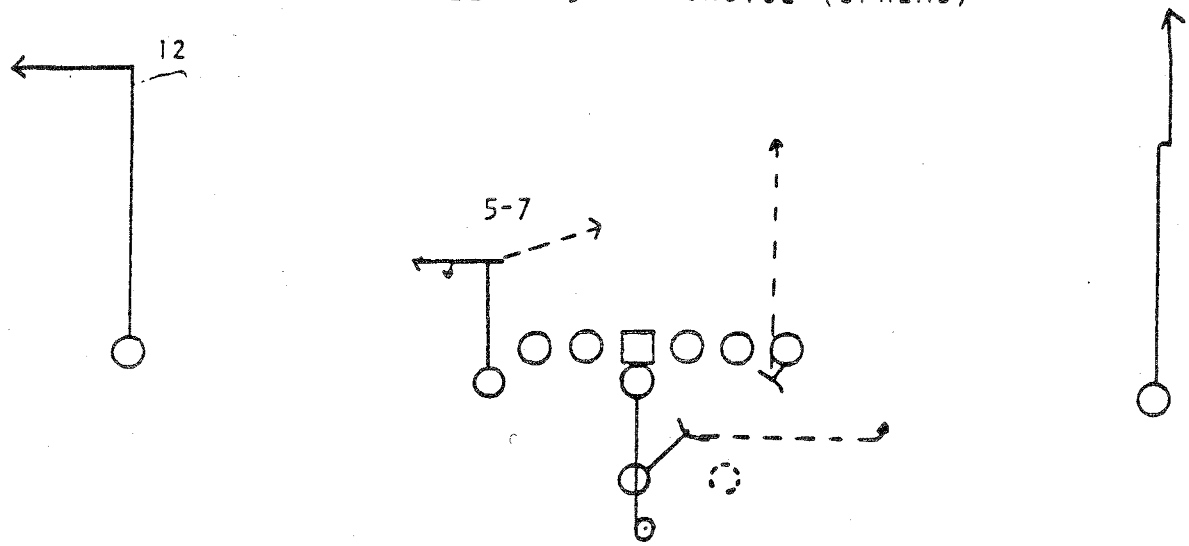




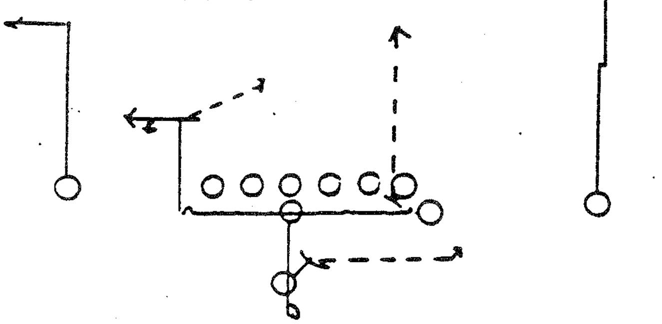
OPTIONS (SINGLE DIGIT)

3 "H" Choice
3 "H" Hide
7 "H" Hide
Dallas Special
Option 4 "H" Delay
6 Lateral
Chicago Special

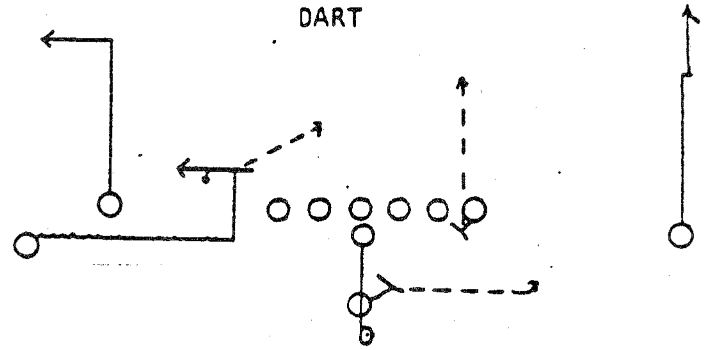
OPT LEFT 3 "H" CHOICE (SPREAD)



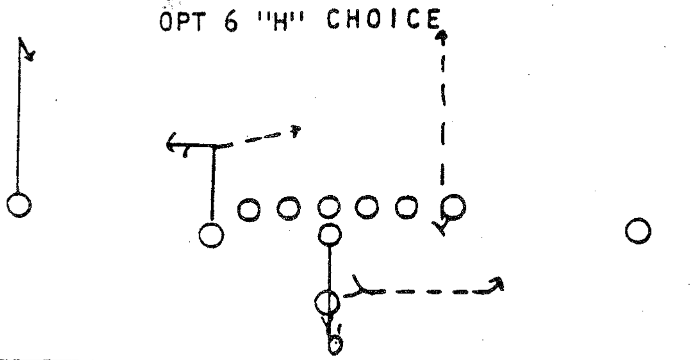
TRIPS WHIZ



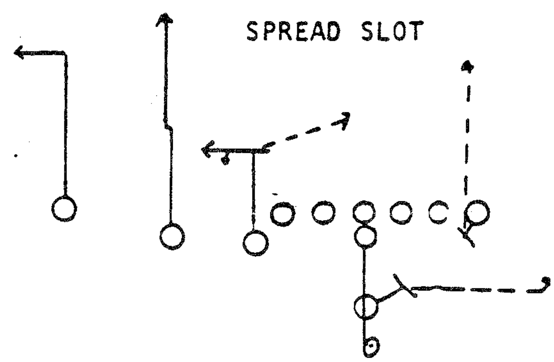
DART



OPT 6 "H" CHOICE



SPREAD SLOT



KEY COACHING POINTS

QB = Weakside read, work inside/out regardless of MOF; throw off underneath coverage, vs. man work single coverage. Responsible with X for W/S. Responsible with Z for S/S.

S.B.(R) = 1st LB-er inside out including Mike, swing

Y = Block #3, N/T clear

I.B.(H) = Choice

X = Route called (3) fade vs. press adjust vs. W/S Blitz

Z = Route called (9) adjust vs. S/S Blitz

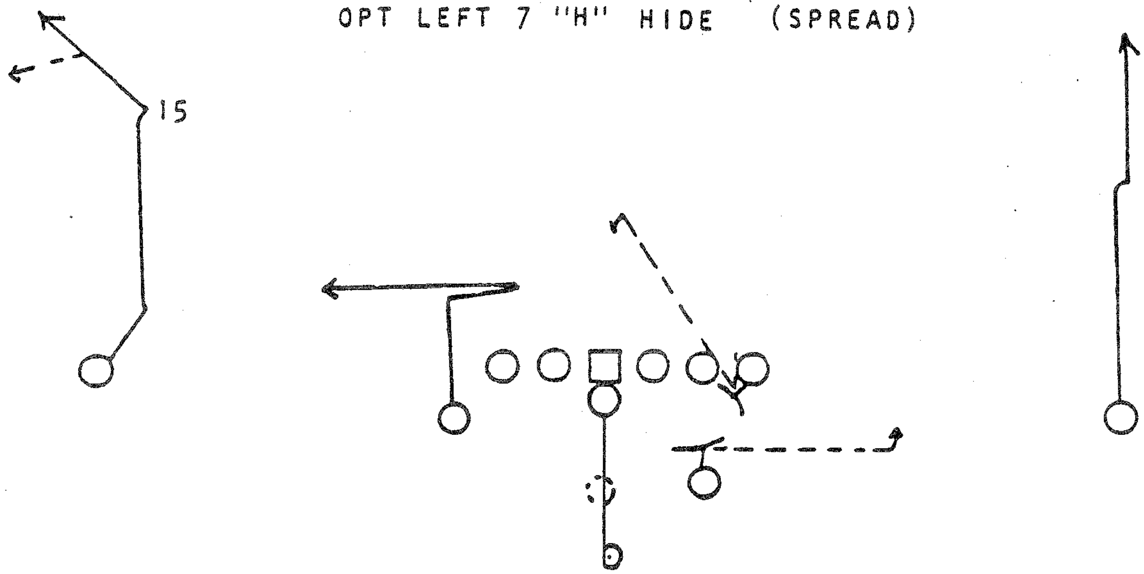
PROTECTION

Option (Single Dig

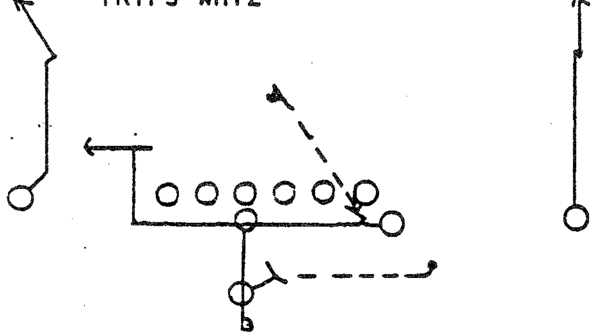
FORMATIONS

Spread
Spread Fake Motion
Trips Whiz
Spread Zoom
Spread Fly
Unit
Squeeze Motion Out
Spread Slot
Dart Slot

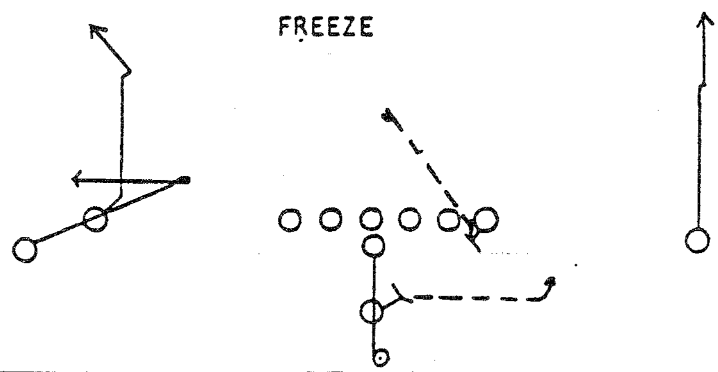
OPT LEFT 7 "H" HIDE (SPREAD)



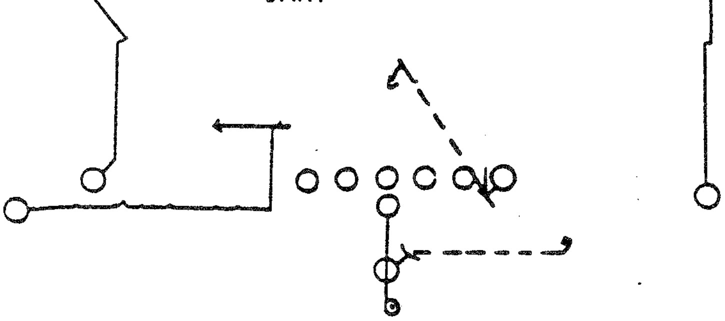
TRIPS WHIZ

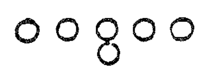


FREEZE



DART





KEY COACHING POINTS

QB= Weakside read, outside/in deep to short regardless of the MOF; throw off underneath coverage. Responsible with X for W/S. Responsible with Z for S/S.

S.B.(R)=1st LB'er inside out including Mike, Swing
Y = Block #3,
W.R.(H)= Choice
X = Route called (7) adjust vs. W/S Blitz
Z = 9 Route adjust vs. S/S Blitz

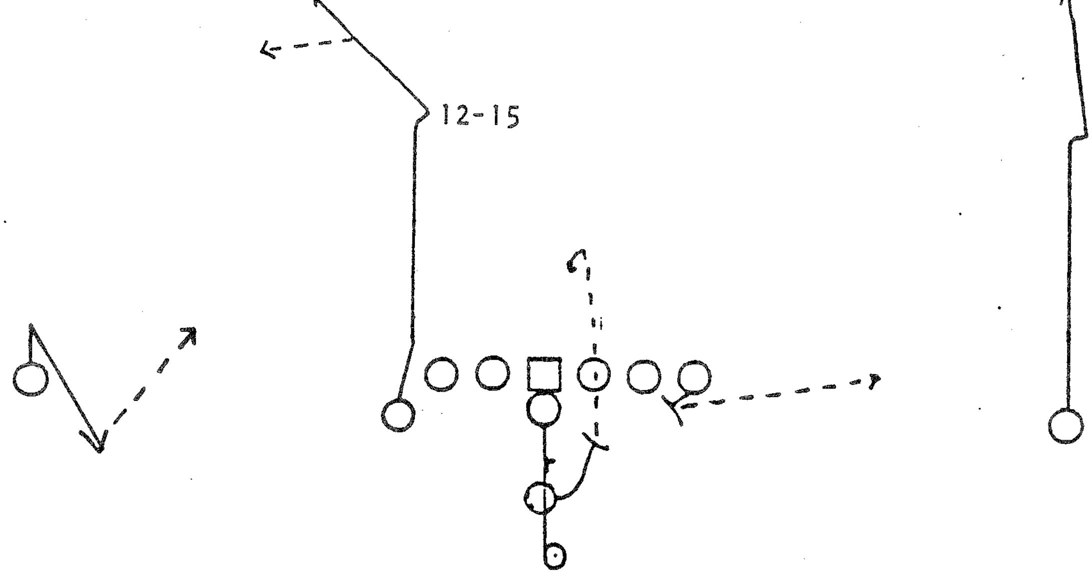
PROTECTION

Option (Single Digit)

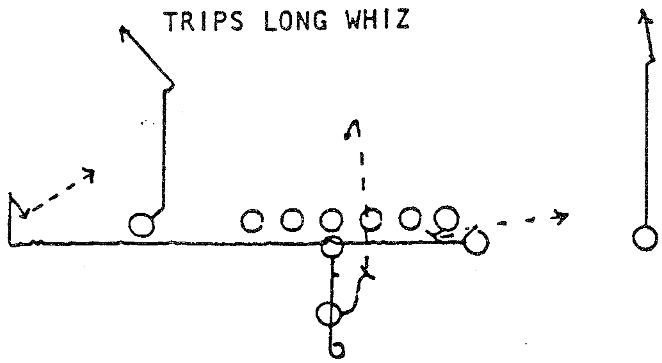
FORMATIONS

Same as 3 "H" Choice

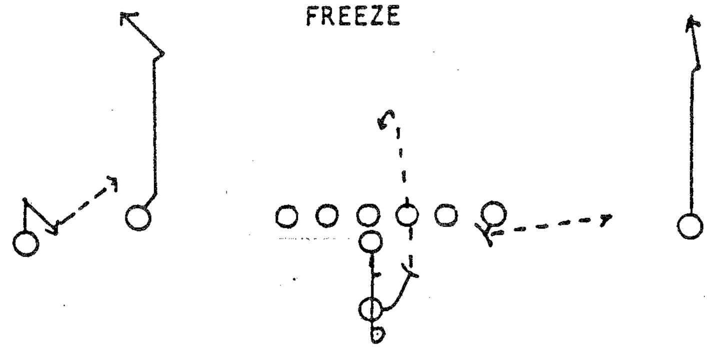
OPT LEFT DALLAS SPECIAL (SPREAD)

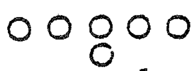


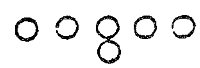
TRIPS LONG WHIZ



FREEZE







KEY COACHING POINTS

QB=Coverage read; work weakside unless W/S works weak rotation; read inside/out regardless of MOF; throw off underneath coverage; weak rotation can work strong; responsible with X for W/S blitz.

S.B.(R)=1st LB'er inside out including Mike, check down
[illegible].(H)=Route called by formation
Y =Block #3, N/T flat
X =Route called by formation, if flash could be runaway vs. press
Z =8 route adjust vs. S/S Blitz(Triple)

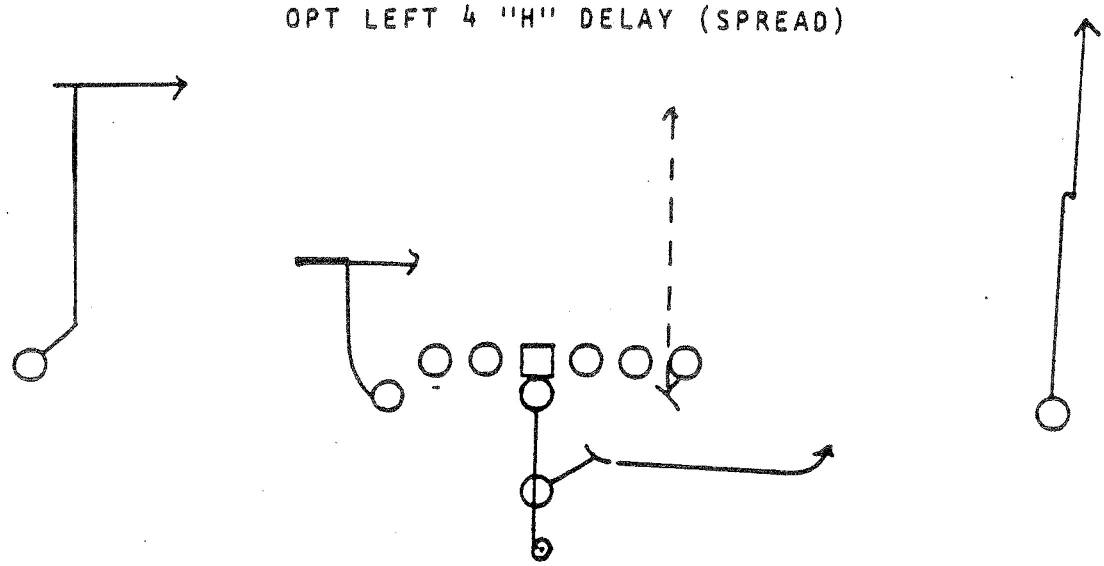
PROTECTION

Option (Single or Triple Digit)

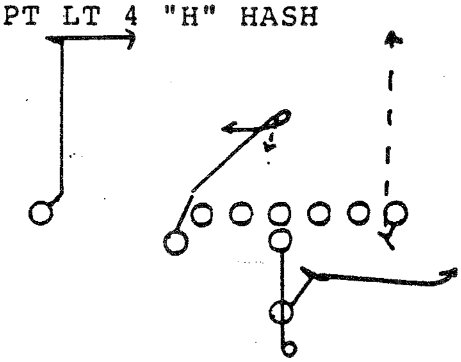
FORMATIONS

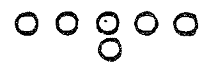
Spread
Spread Fake Motion
Trips Whiz
Trips Long Whiz
Spread Jet Out
Freeze
Spread Fly
Unit
Squeeze Motion Out

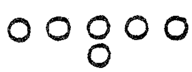
OPT LEFT 4 "H" DELAY (SPREAD)

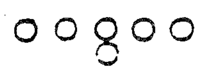


OPT LT 4 "H" HASH









KEY COACHING POINTS

QB = Weakside read; work outside/in deep to short, and throw off underneath coverage; responsible with X for W/S. Responsible with Z for S/S.

S.B.(R) = 1st linebacker inside/out including Mike; run swing.

W.B.(H) = Free release run delay

Y = Check #3 run 9

X = 4 Route at 15 yards

Z = 9 Route

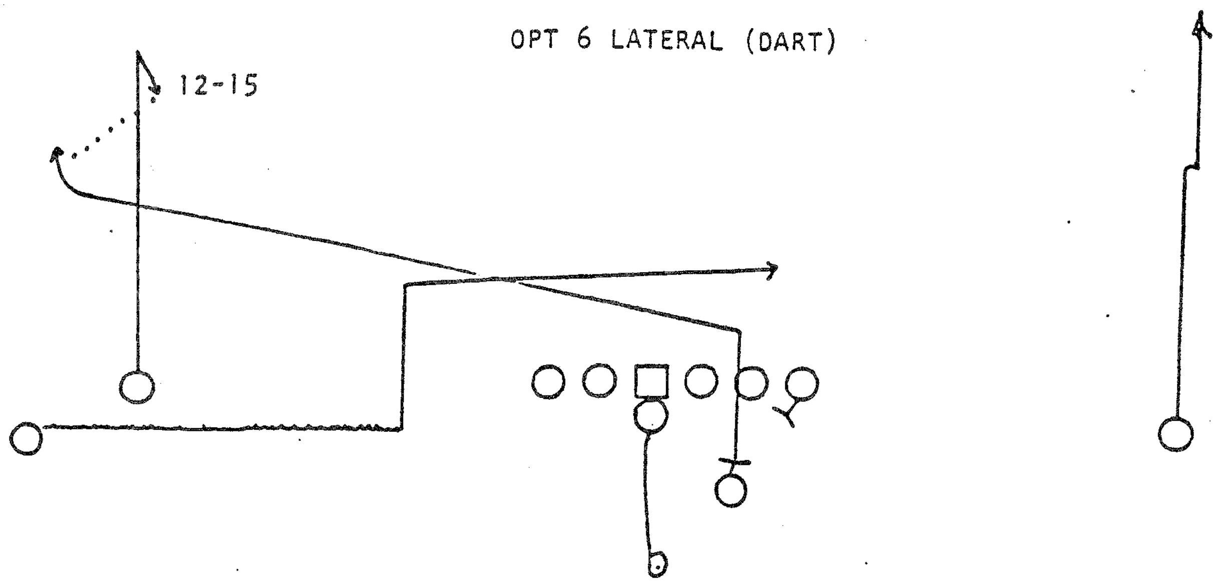
PROTECTION

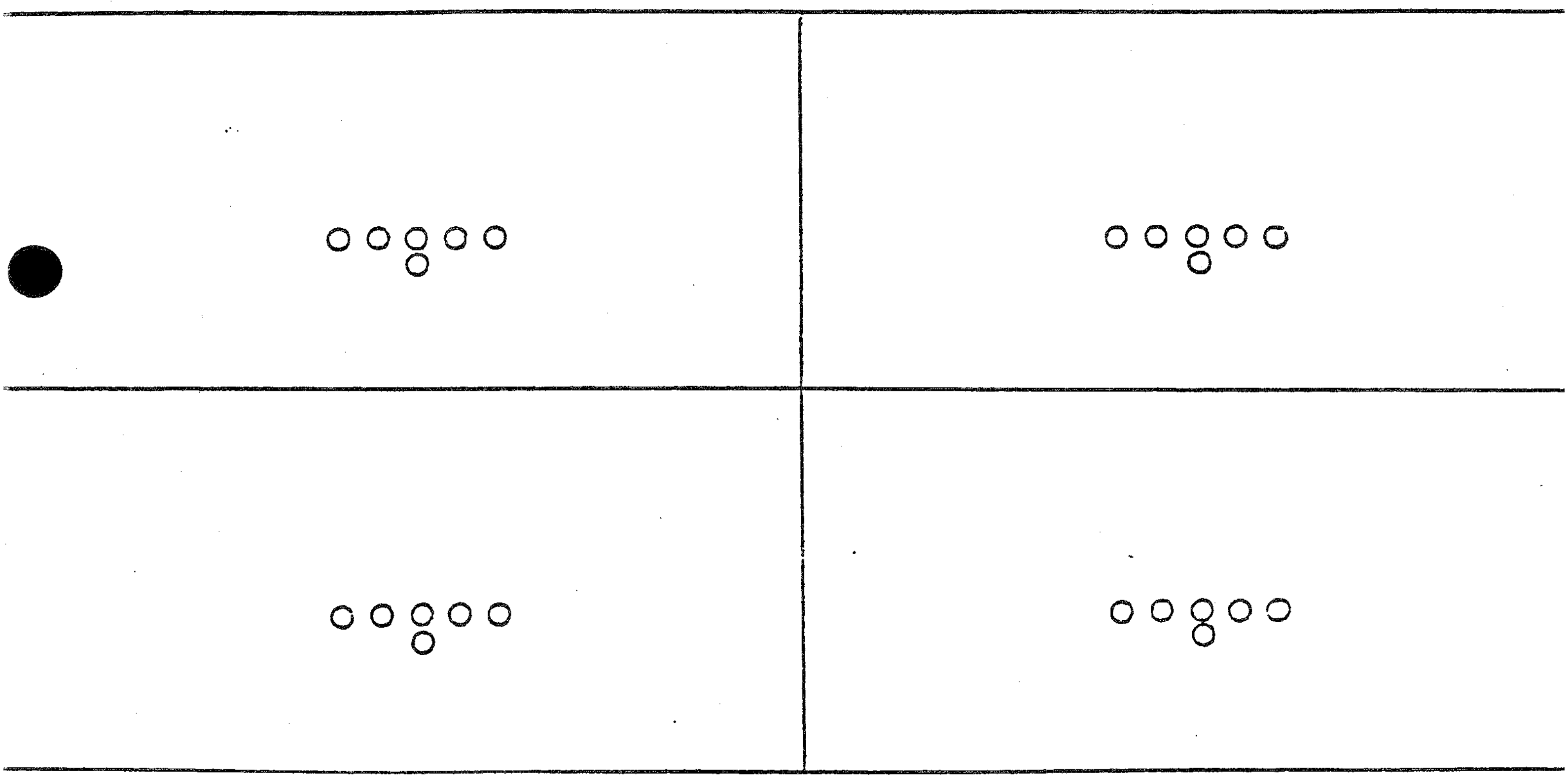
Option Triple

FORMATIONS

Spread
Spread Fake Motion
Trips Whiz
Dart

OPT 6 LATERAL (DART)





KEY COACHING POINTS

QB - Weakside read, work outside/in deep to short, regardless of coverage; Z only press no deep help. Responsible with X for W/S blitz; responsible with Z for S/S blitz.

R - Check 1st linebacker inside/out counting Mike, run over route.

W.B. (H) - over route

"Y" - block option single digit, Flat

"Z" - 9 route, fade vs. press
blitz vs. S/S blitz

"X" - blitz adjustment vs. W/S blitz
6 route

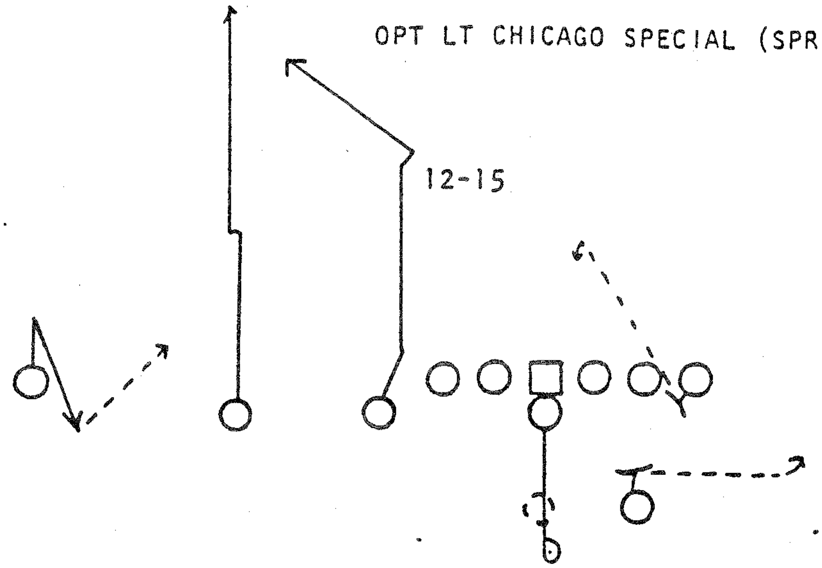
PROTECTION

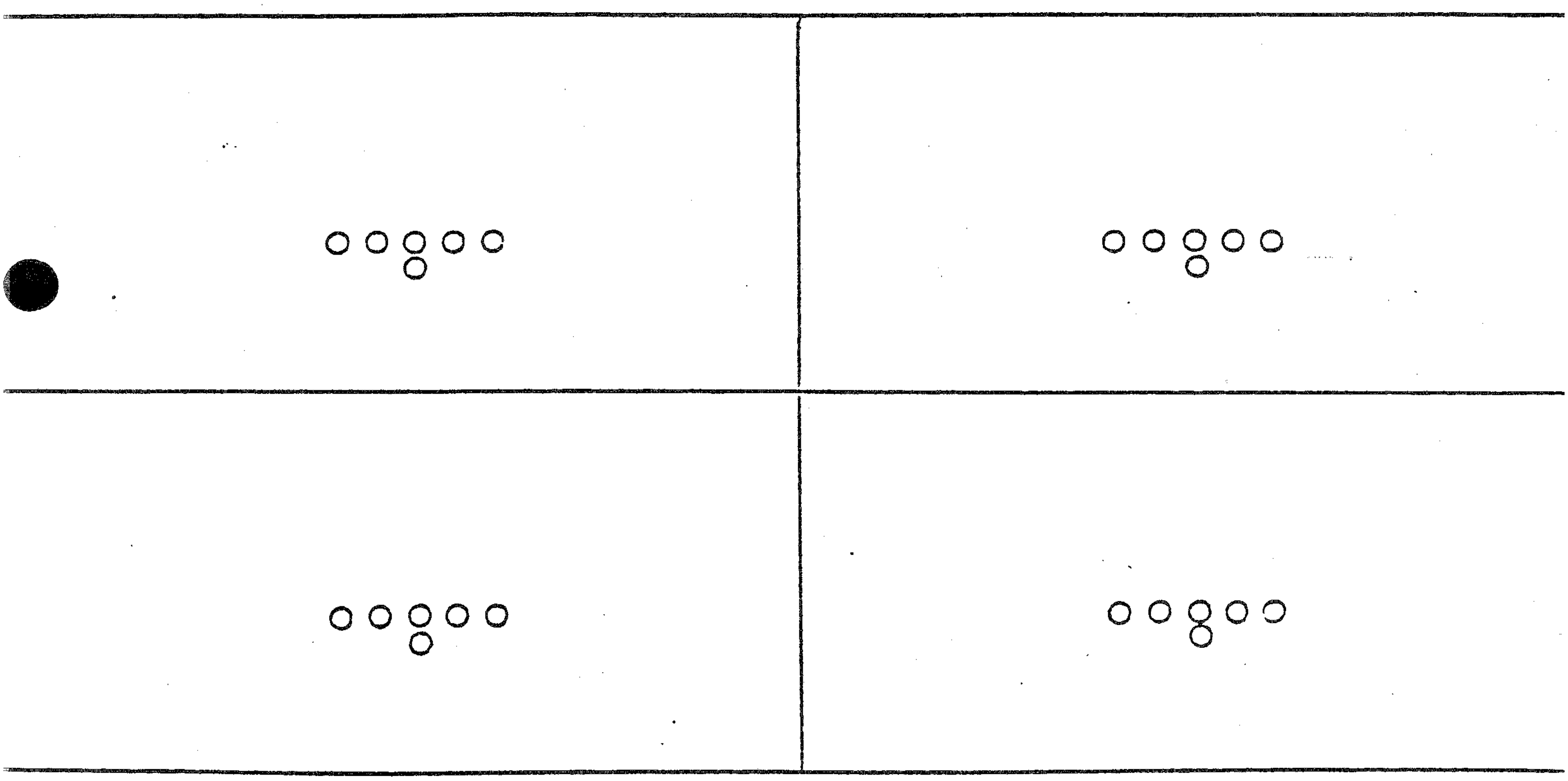
Option (Single Digit)

FORMATIONS

Dart
Spread
Trips Whiz
Spread Fake Motion
Spread Zoom

OPT LT CHICAGO SPECIAL (SPREAD SLOT)





KEY COACHING POINTS

QB = Strongside read; work inside/out, deep to short, regardless of MOF; throw off underneath coverage. Responsible with Z for W/S.

S.B.(R) - 1st LB'er inside out not counting Mike, check down

W.B.(H) - 7 route

"Y" - Option single digit protection, flat

"Z" - 9 route, fade vs. press

"X" - Flash, runaway vs. press

PROTECTION

Option (Single Digit)

FORMATIONS

Spread Slot

TABLE OF CONTENTS

(OPTION - TRIPLE DIGIT PASSING)

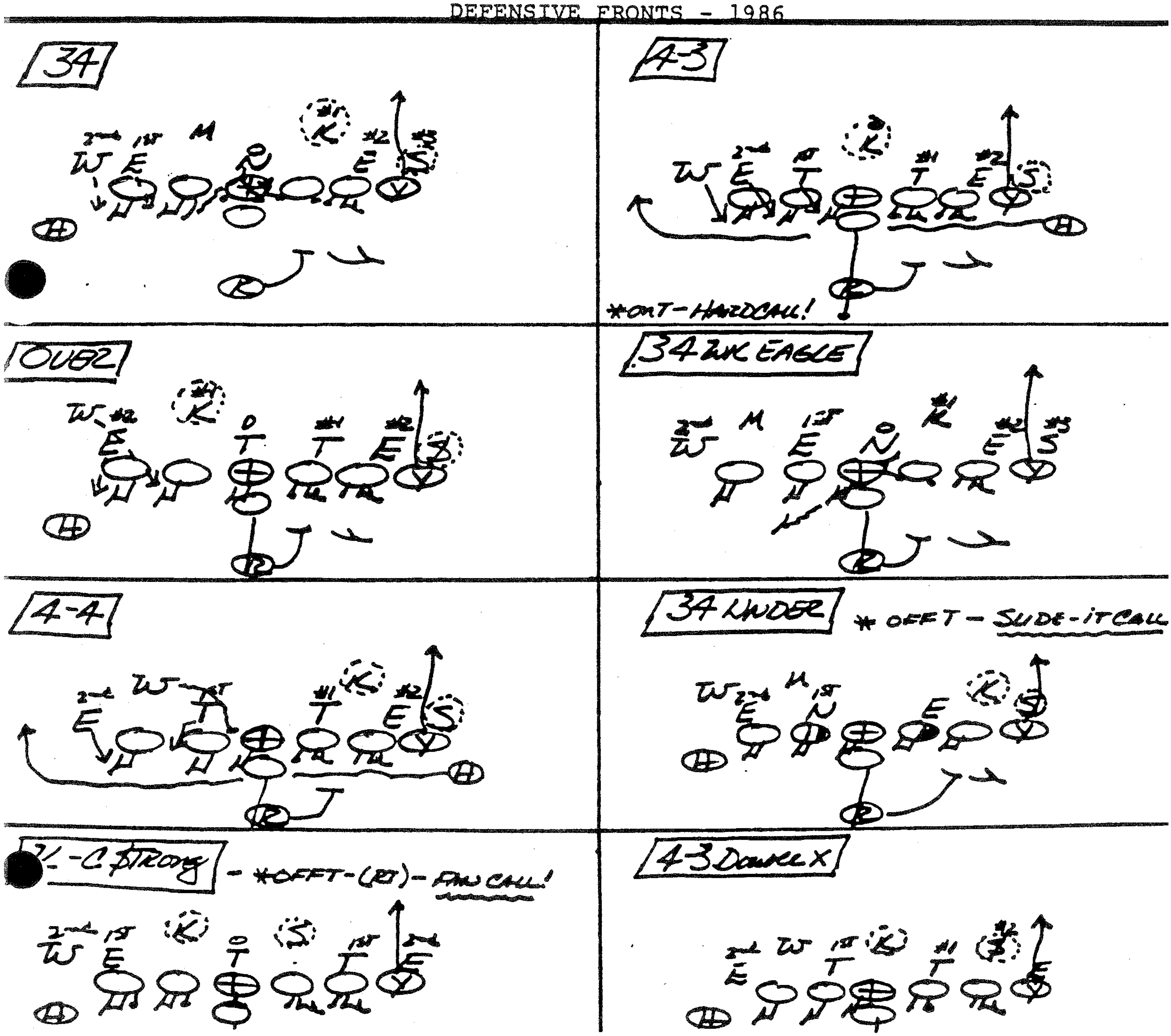
PASSING GAME

PROTECTION:

OPTION PROTECTION (Triple Digit)

This is a DROP BACK STYLE of pass protection where our offensive line will use FAN BLOCKING PRINCIPLES to the call side with a SLIDE BLOCKING SCHEME. TRIPLE DIGIT PASSING differs from single digit in that our tight end will release into the pattern and our "R-BACK" will have a DUAL READ from the center-box out away from call-side - "Mike" to "Sam"!

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION:

OPTION PROTECTION (Triple Digit)

RULES - TECHNIQUES - COACHING POINTS

NOTE: It is important that our OFFSIDE TACKLE listens for the Triple Digit Call as it affects your rule. Example: OPTION LEFT - 976 H POST.

C - ONSIDE GAP - ONSIDE LINEBACKER - SLIDE TOWARDS THE CALL SIDE! (DROPBACK TECHNIQUE - SLIDE BLOCKING SCHEME). Same as Single Digit Protection.

CALLS TO BE ALERT FOR:

a) FAN CALL - Block the defender aligned on you (Nose/Tackle) - Read his alignment - set accordingly and block him all the way.

ON G - FIRST MAN ON LOS - FAN - (DROPBACK TECHNIQUE - SLIDE BLOCKING SCHEME) Same as Single Digit Protection.

ON T - SECOND MAN ON LOS - FAN - (DROPBACK TECHNIQUE - SLIDE BLOCKING SCHEME) Same as Single Digit Protection.

OFF G - MAN BLOCKING - #1 - If #1 is a linebacker - slide aggressively towards the NOSE/TACKLE (PUNCH HIS SOCKS OFF). Same as Single Digit Protection.

CALLS TO BE ALERT FOR:

a) SLIDE IT CALL - Same as on Single Digit Protection.

b) FAN CALL - FIRST MAN ON LOS - Set accordingly and block the defender aligned on your tackle - DROPBACK TECHNIQUE.

OFF T - MAN BLOCKING - #2 - If #2 is a linebacker - set accordingly and block the defensive end (DROPBACK PROTECTION TECHNIQUE) Always set slightly towards the protection call side when covered by a down lineman - you have no help from your guard.

CALLS TO BE ALERT FOR:

a) FAN CALL - Your Call (K.C. LOOK OR 5 DOWN LINEMEN) - covered by a down lineman and the defensive end is aligned outside in a wide-rush position. Set to block the wide-rush end.

b) SLIDE IT CALL - Your call - If the defensive end aligns over the guard - make a SLIDE-IT CALL to the guard and block aggressively on the defensive end aligned on the guard. Step with your near foot towards the hip of the defensive end - if the hip goes away, throttle down and get under control. Look for a blitz or twist coming from the CALL SIDE.

"Y" Run Pattern Called!

"R-BACK" Step away from directional call of the protection. You are responsible for the first blitzer from inside out. NOTE: Your man may be a far back as the opposite guard Vs a 4-3 Over defensive front. After you have checked the inside blitzer (Mike LB'er), scan to the next outside blitzer (Sam LB'er) and then, look for any wrong colored jersey that is unblocked. Once you have determined that the protection is secure, proceed with your pattern responsibility.

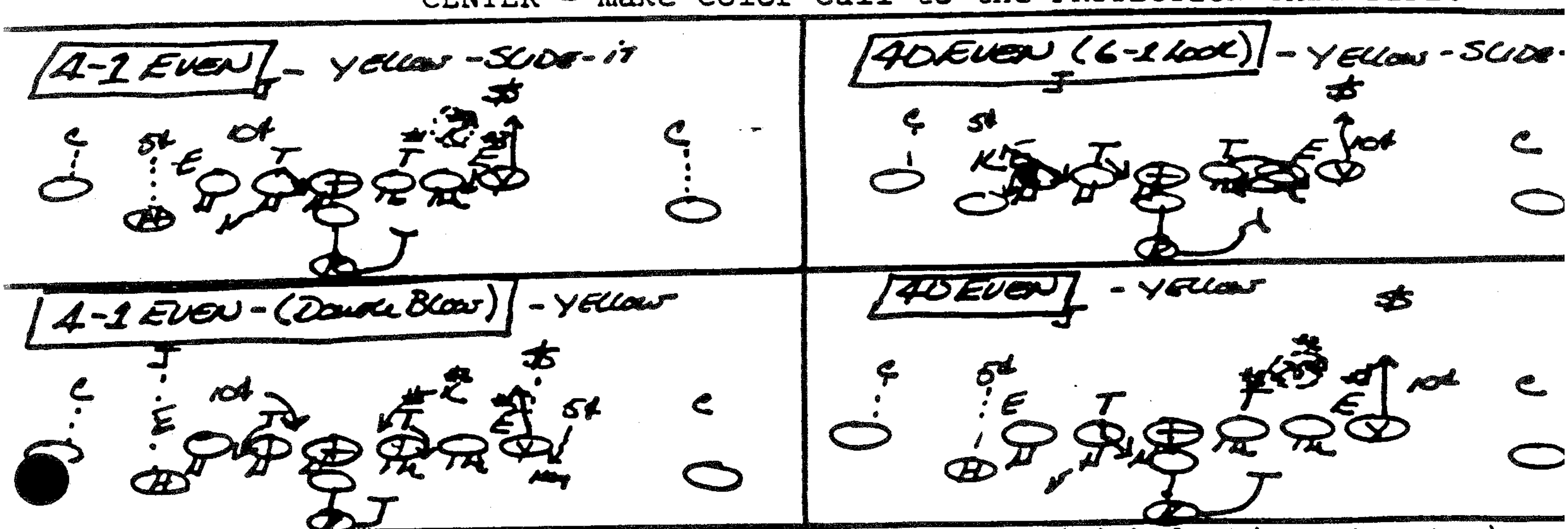
"H-BACK" Run Pattern Called!

SPECIAL SITUATIONS - 3RD AND MEDIUM TO LONG

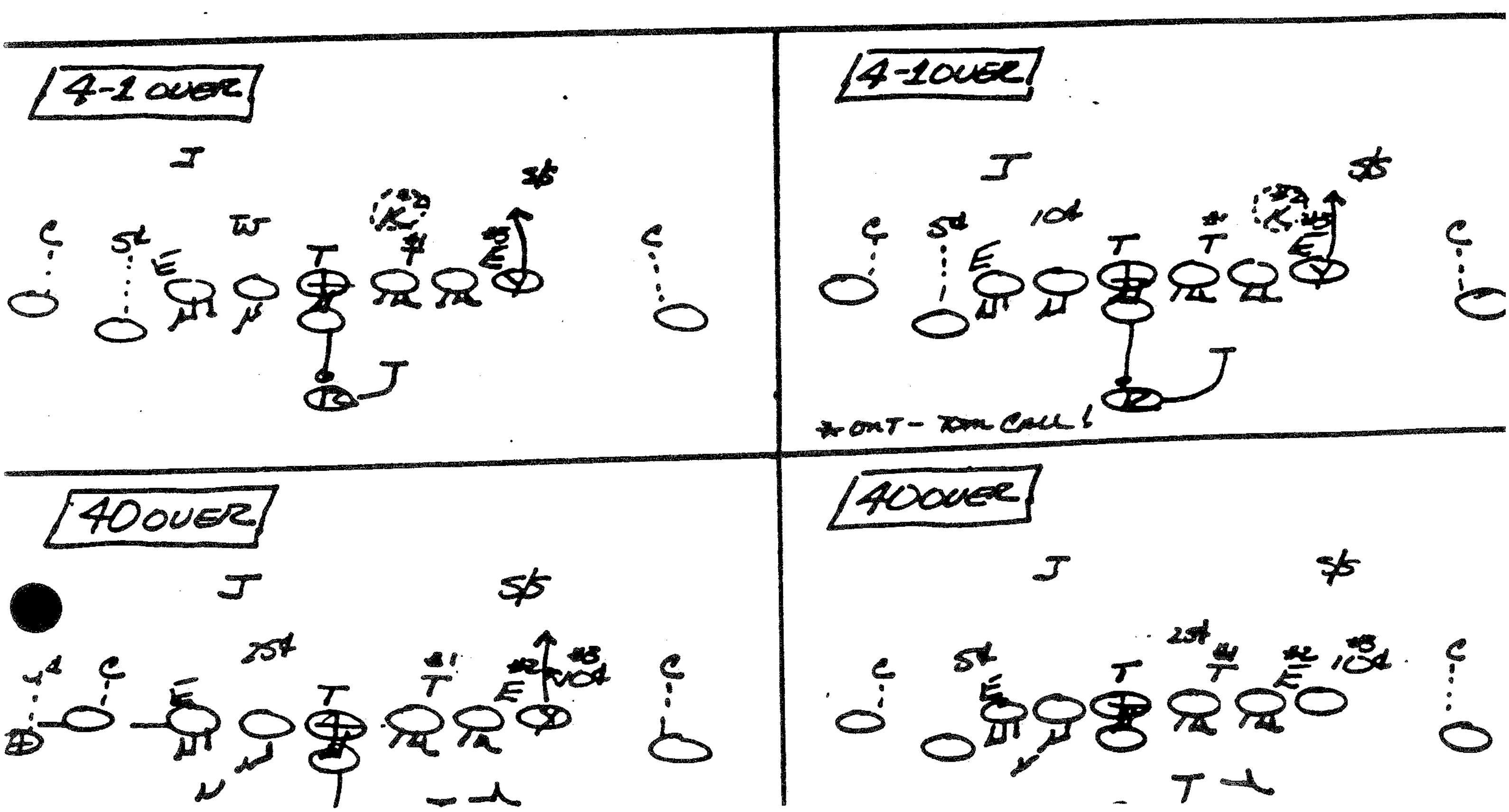
(OPTION - TRIPLE DIGIT PASSING VS NICKEL; DIME; QUARTER LOOKS)

In a definite passing situation (2nd and long or 3rd and medium or long) our center will alert the offensive line to remain in a PRE-SET position with a RACE HORSE CALL. Whether they have NICKEL; DIME; or QUARTER personnel in the game will not affect how we make our calls!

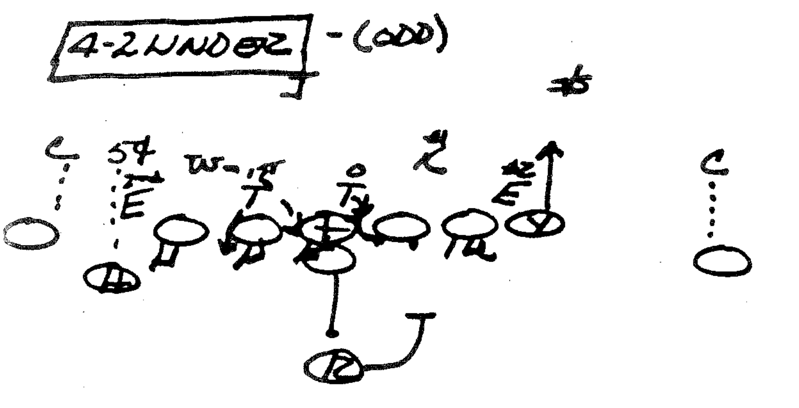
a) EVEN LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - make color call to the PROTECTION CALL SIDE!

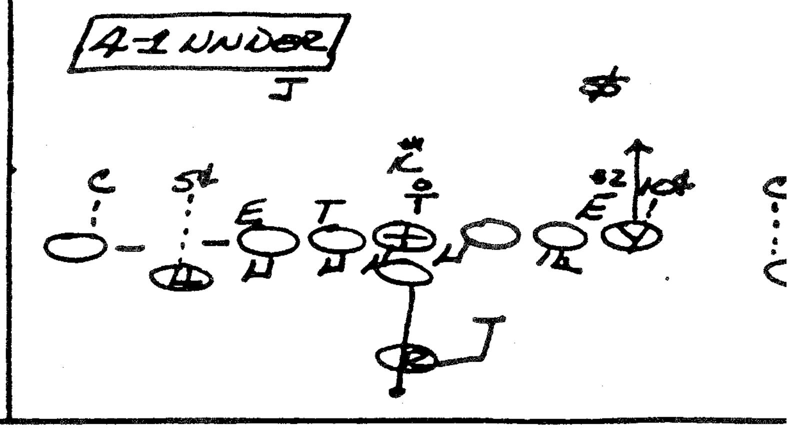


b) OVER LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). CENTER - be alert to handle a T-T TWIST with offside guard!

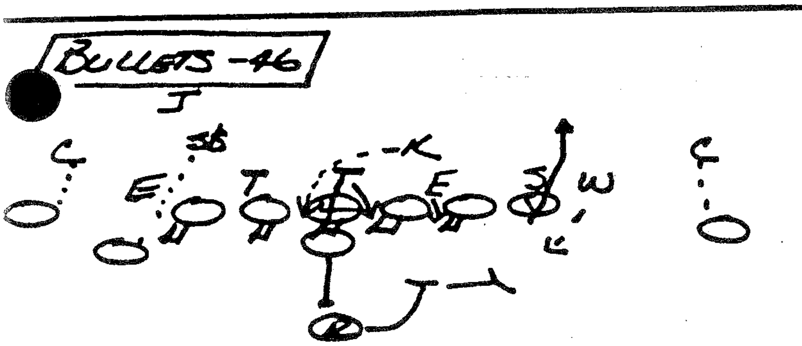


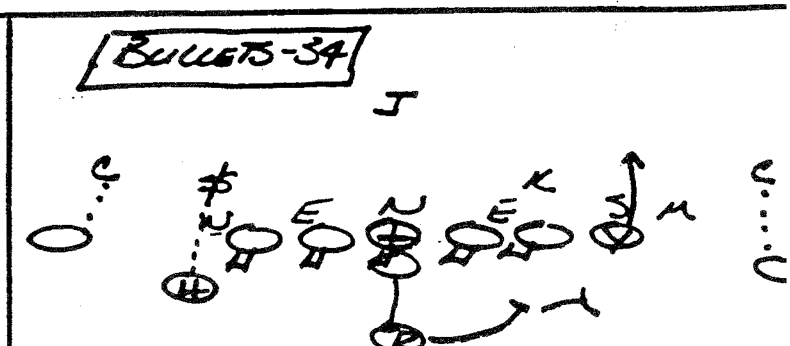
c) UNDER LOOKS - 4 DOWN PERSONNEL - (Nickel; Dime; Quarter). OFF GUARD - covered by a linebacker or uncovered - slide inside towards hip of nose/tackle - hip goes away be alert for a TWIST or BLITZ from protection call side!

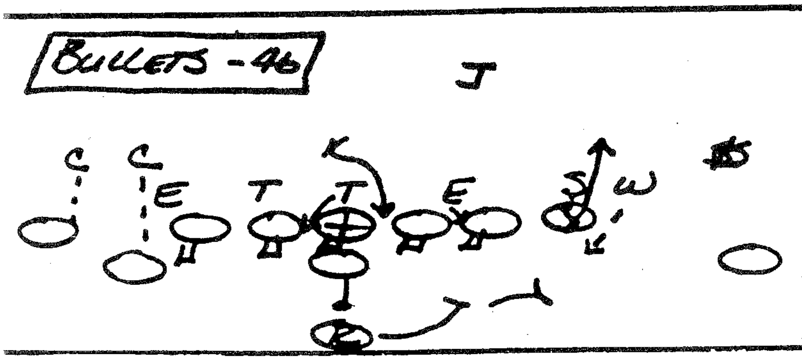




d) BASTARD LOOKS - 3 or 4 DOWN PERSONNEL - these looks require special blocking and the CENTER will alert the team by making a BULLETS CALL. The OFFSIDE TACKLE will make a SLIDE-IT CALL and set inside for the 3 technique!







OPTIONS (TRIPLE DIGIT)

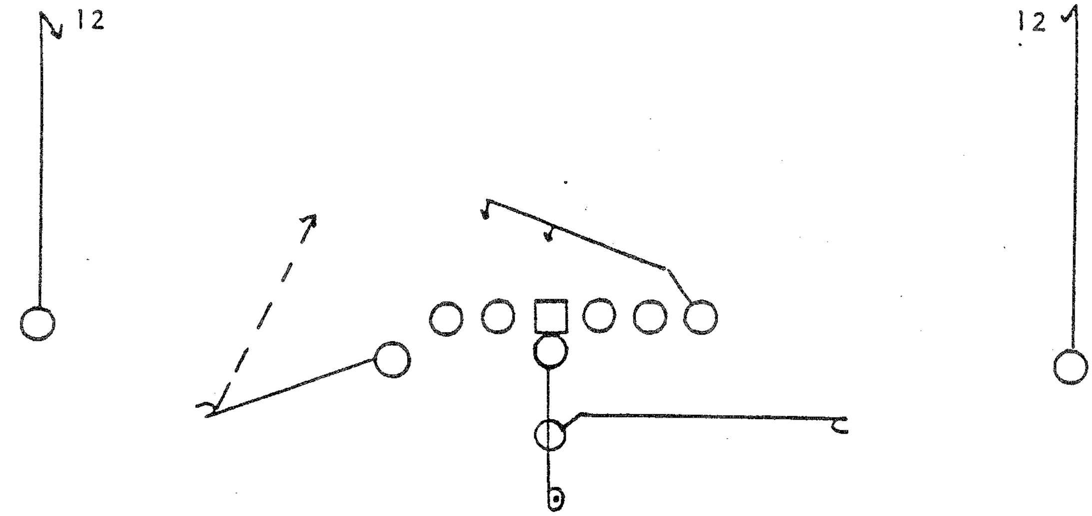
626 S/R

976 "H" Post

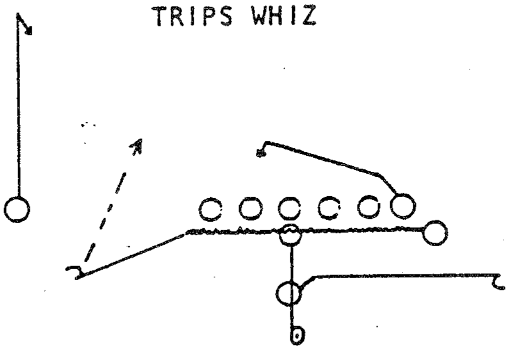
495 Lucky/Ricky

989 Over

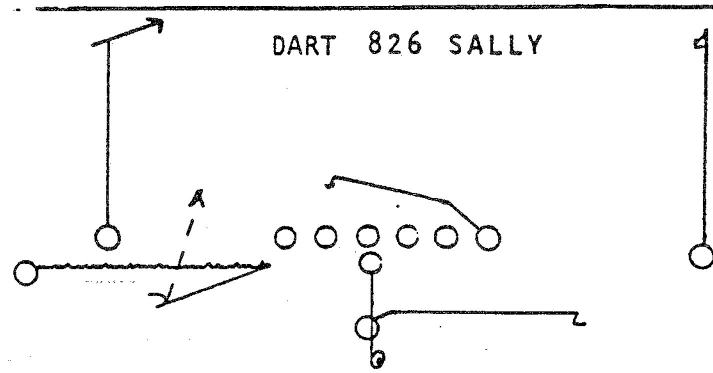
OPT LEFT 626 S/R (SPREAD)



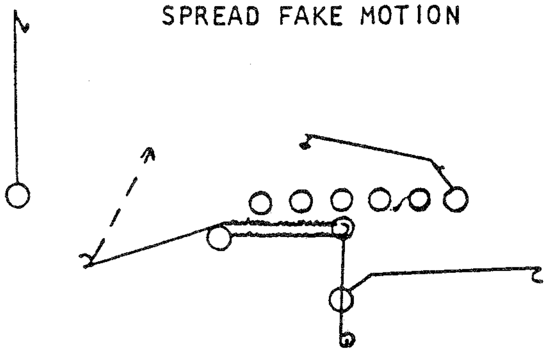
TRIPS WHIZ



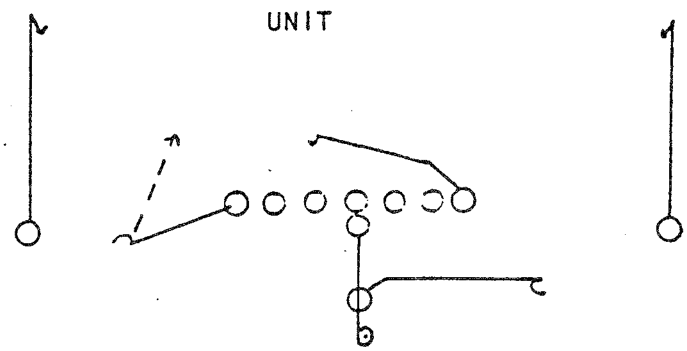
DART 826 SALLY



SPREAD FAKE MOTION



UNIT



KEY COACHING POINTS

QB = Read weakside deep to short outside/in; throw off underneath coverage. No underneath coverage work downfield; responsible with X for W/S.

R = Dual Ck Mike/Sam, N/T run Rose/Sally
H = Go to point 5 yards deep on number, runaway vs. man
X & Z = (6) Fade vs. press or roll wide split
Y = Set down in open area (adjusted #2) vs. man pivot

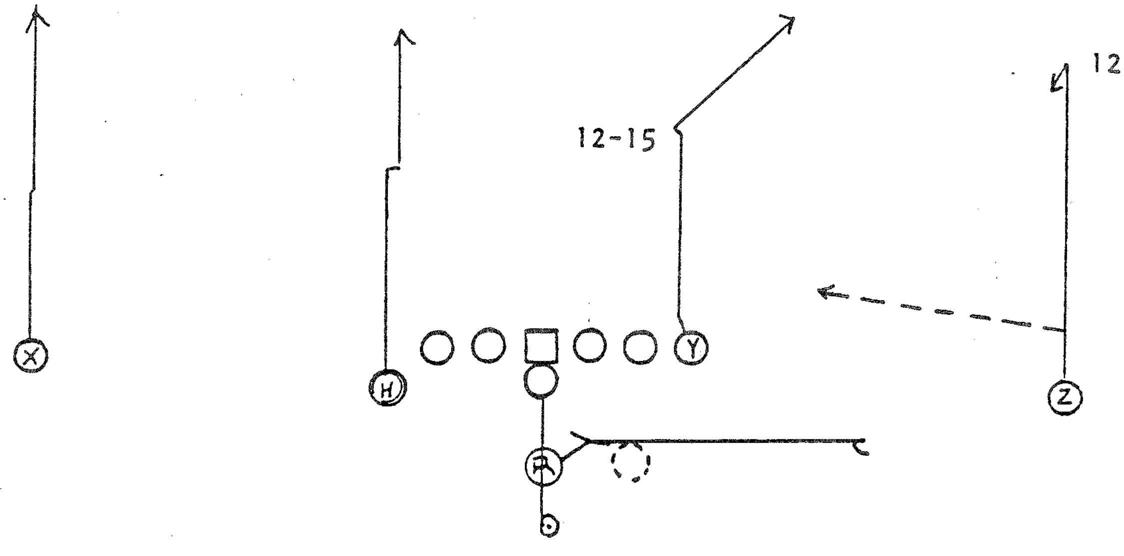
PROTECTION

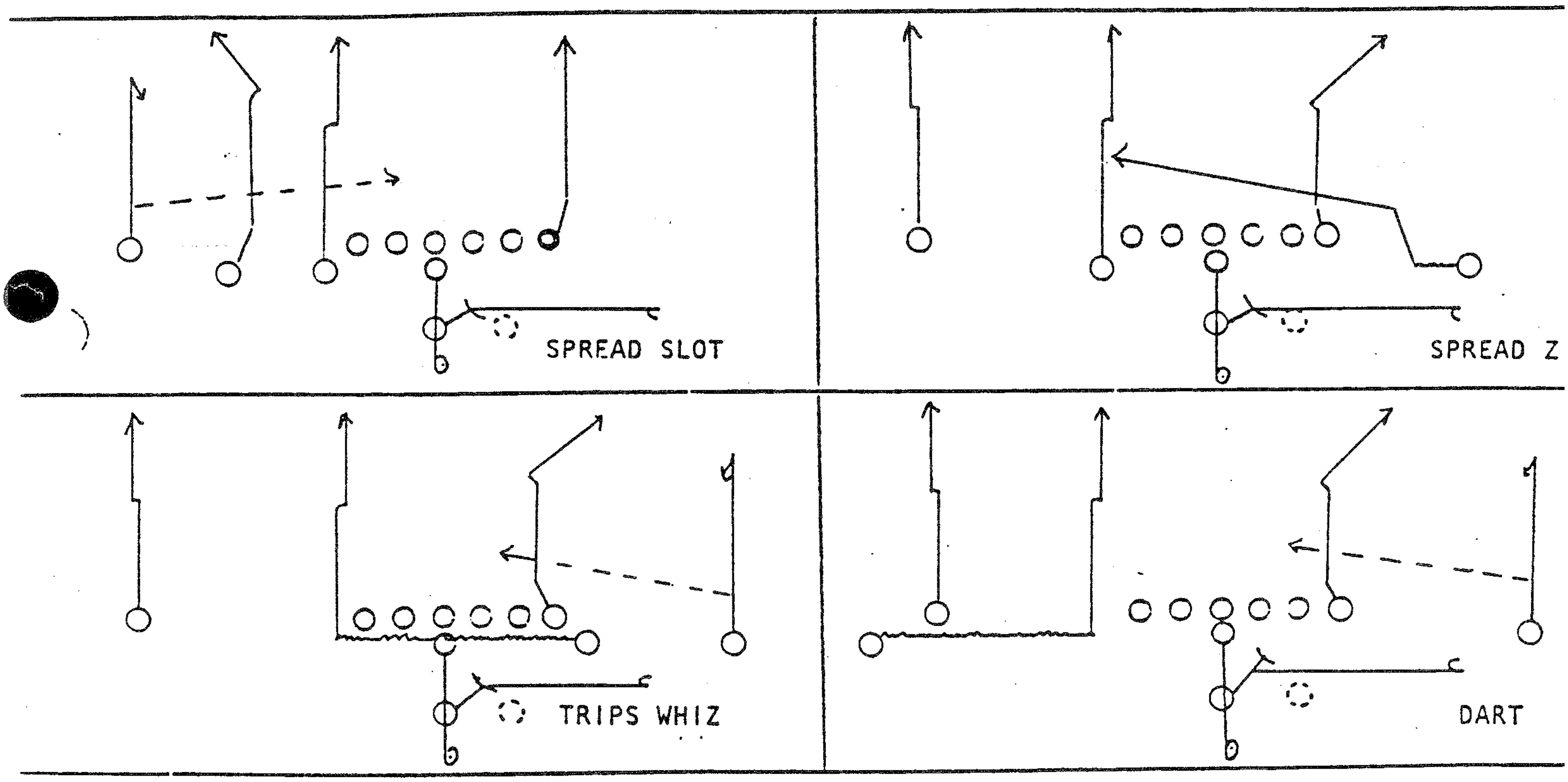
Option

FORMATIONS

Spread (Fly)
Trips Whiz
Dart
Spread Fake Motion
Unit
Trips Long Whiz
Unit "X" It

OPT LEFT 976 "H" POST (SPREAD)





KEY COACHING POINTS

QB = Read MOF, MOF open stay weakside, work inside/out; MOF closed work strong Y/Z and work deep to short. Responsible with X for W/S.

S.B(R)= Dual Ck Mike/Sam N/T run Swing (CP Sam N/T look at S/S)
H)= Route called, Post
Y = Route called (7) always deep angle alert for S/S blitz
X = Route called (9), fade vs. press
Z = Route called (6), runaway vs. 2 deep or press

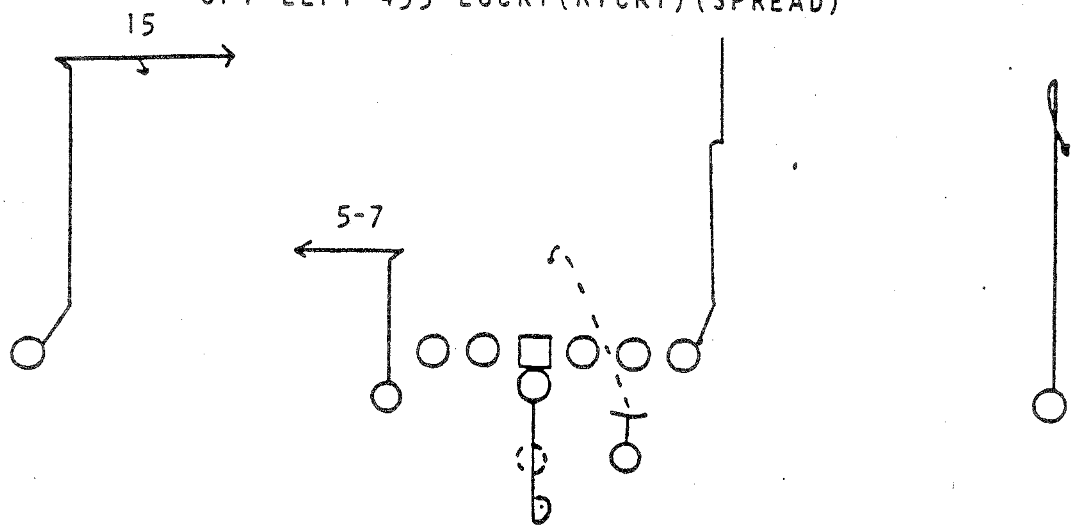
PROTECTION

Option (Triple Digit)

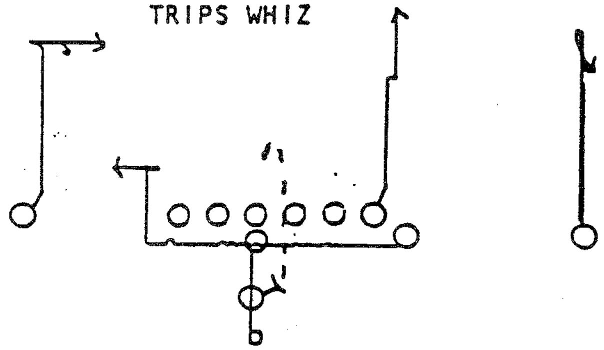
FORMATIONS

Spread Fake Motion
Trips Slot Whiz
Spread Slot Zip
Unit Slot (Zip)
Unit

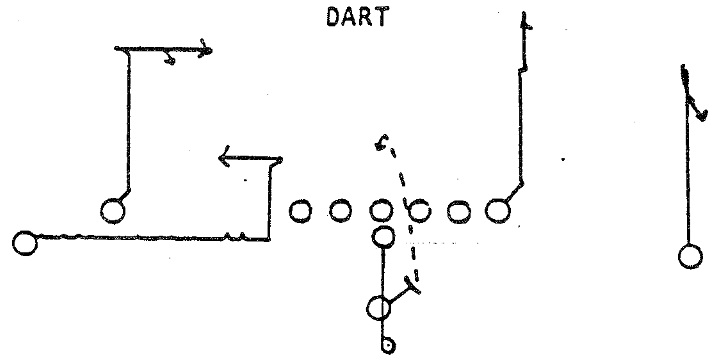
OPT LEFT 495 LUCKY(RICKY)(SPREAD)

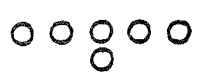


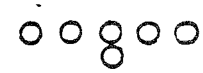
TRIPS WHIZ



DART







KEY COACHING POINTS

QB = Weakside read, stay weak unless W/S takes away the 4 route; read deep to short throw off underneath coverage. W/S weak work strong. Responsible with X for W/S.

R)= Dual Prot. S/S Mike/Sam - N/T run Ck. down
H)= Width
Y = 9 Route (alert for S/S blitz)
X = 4 Route , Adjust W/S Blitz
Z = 5 Route

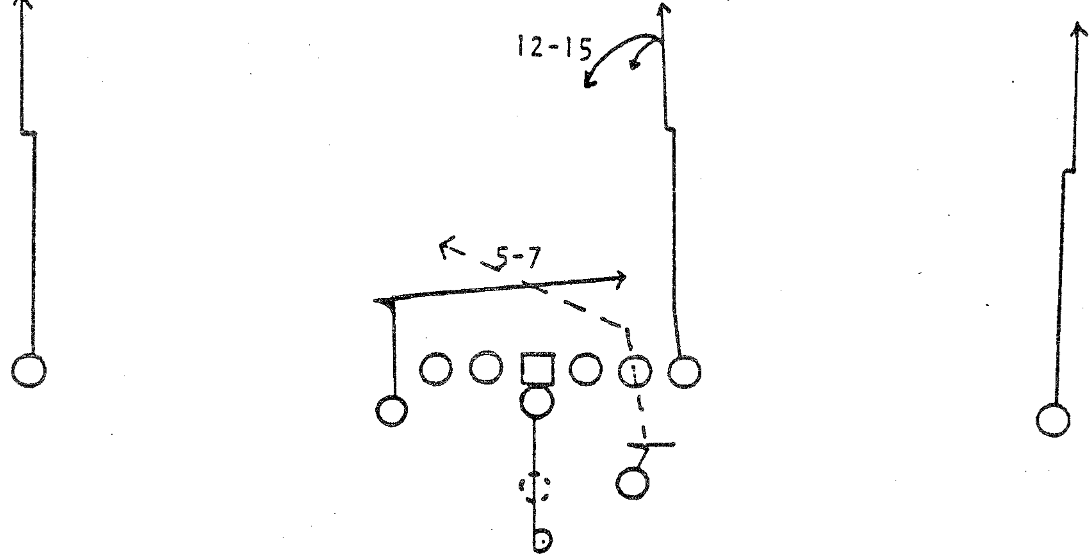
PROTECTION

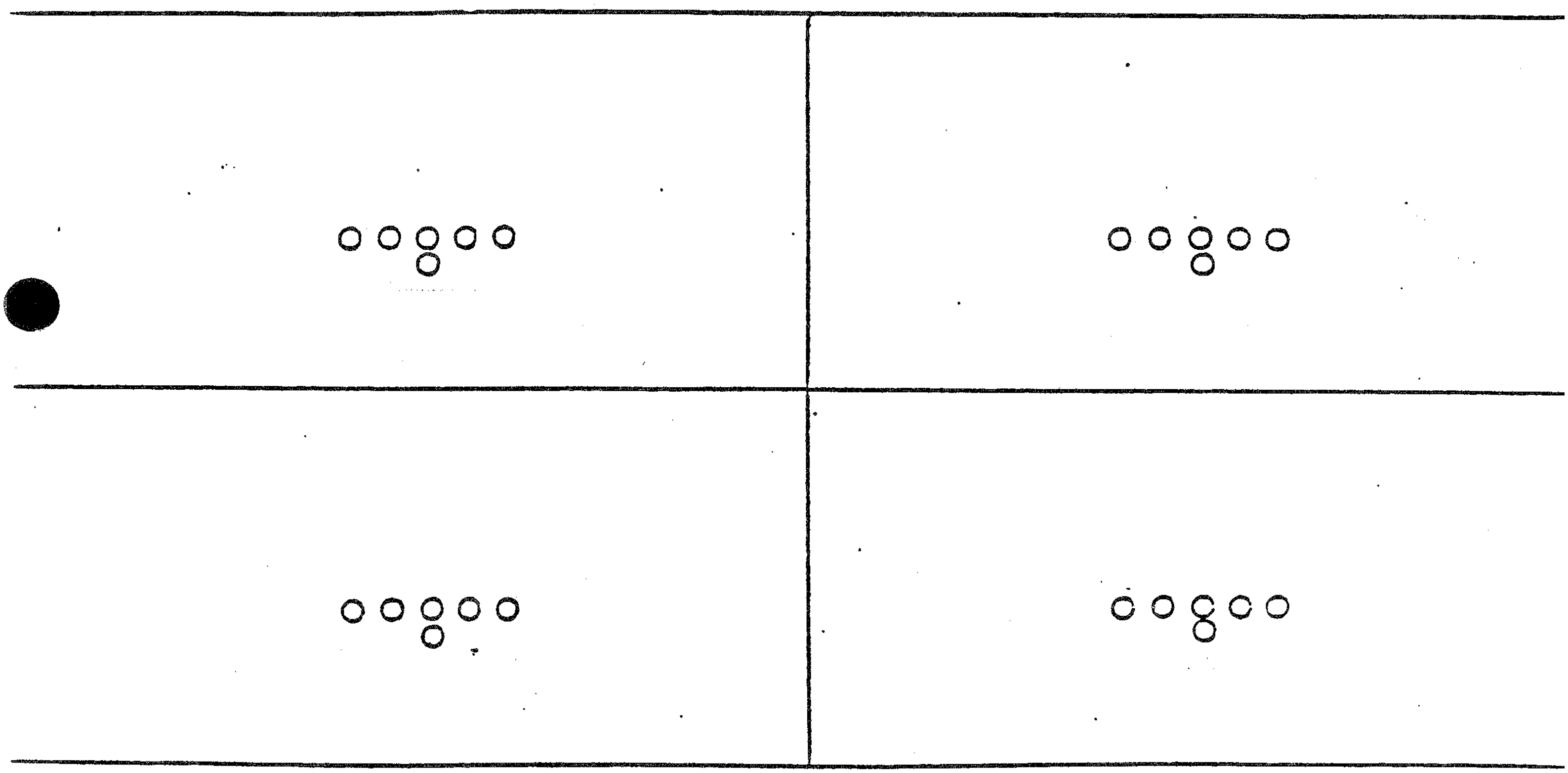
Option Triple Digit

FORMATIONS:

Same as 3 "H" Hide

OPT 989 OVER (SPREAD)





KEY COACHING POINTS

QB = Strongside read, MOF open read deep to short inside/out; MOF closed read deep to short outside/in; X only if W/S blitz or by game plan.

PROTECTION

Option (Triple)

FORMATION

Same as 499

.B(R)= Dual Protection, Mike/Sam N/T run sneak

(H)= Over

= 8 route, vs. man with middle, close 8 can almost turn into a 4 route (alert for S/S blitz)

X = 9 route, fade vs. press , Adjust vs. W/S Blitz

Z = 9 route, fade vs. press

TABLE OF CONTENTS

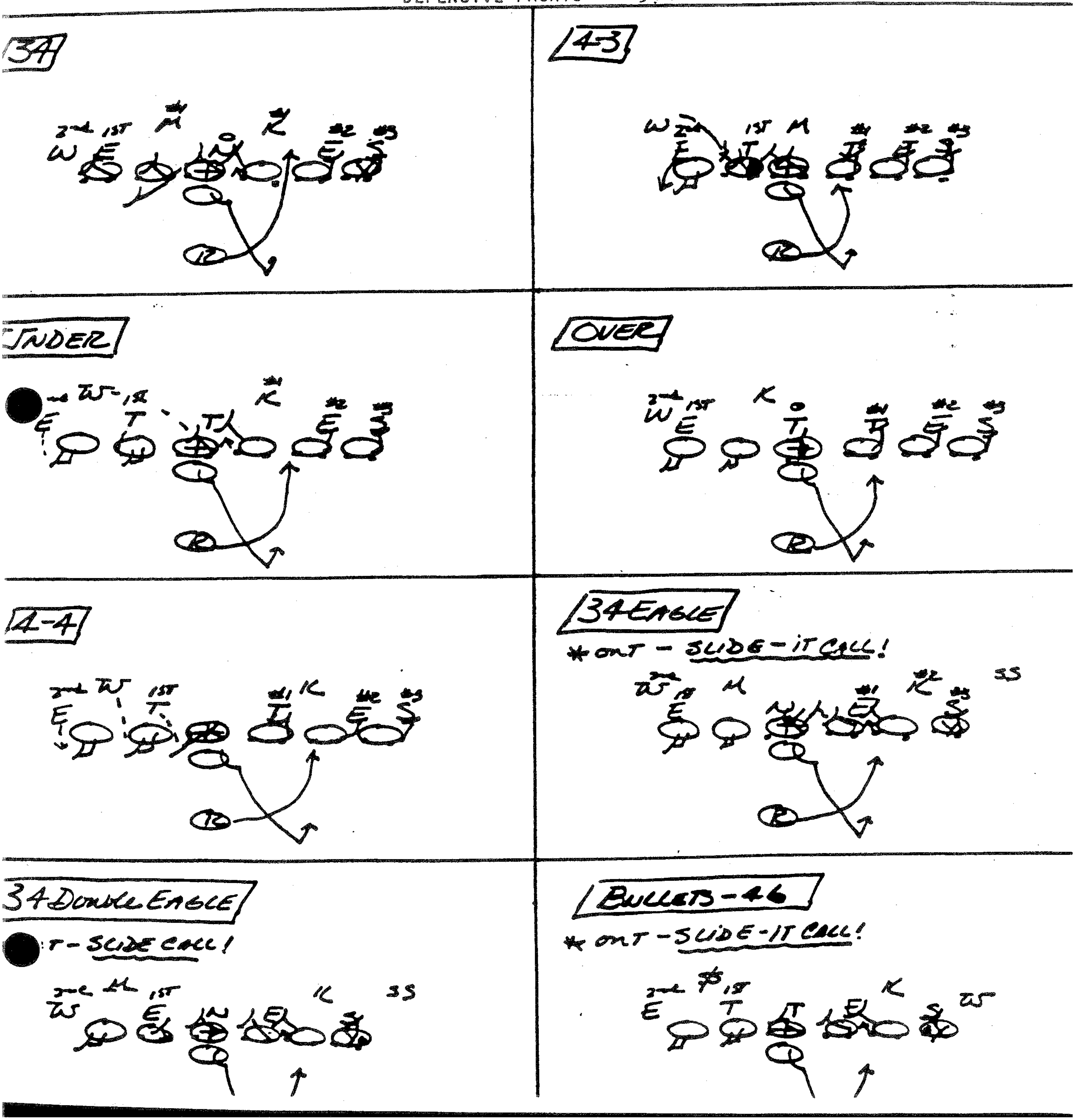
("CHARLIE" 40-50 PASSING)

PROTECTION:

CHARLIE 40-50 PROTECTION

"CHARLIE" is an aggressive play action pass protection coming off a 40 or 50 Gut Fake to our "R-BACK". Our offensive line will give the defense a RUN-READ using HIGH PRESSURE CONTROL TECHNIQUES to control the people aligned on the defensive front.

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION:

CHARLIE 40-50 PROTECTION

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the side of the action called. Example: CHARLIE 40 - onside is the right side; CHARLIE 50 - onside is the left side.

C - BACKSIDE GAP - BACKSIDE LINEBACKER - SLIDE THE BACK DOOR (SLIDE BLOCKING SCHEME) If covered by a down lineman, take a 2 to 3 inch pivot step with your playside foot - PUNCH and PIVOT and slide towards the backside side. If defender starts to rush thru your backside shoulder or gap - lock up and drive as hard as possible working to get square (Same as Option Protection)

ON G - MAN BLOCKING - #1 - If #1 is a linebacker, slide aggressively towards the nose/tackle - (Punch his Socks Off!) Step with your near foot towards the hip of the nose/tackle. If the hip goes away, throttle down and get under control - look for a blitz or twist coming from the BACKSIDE. IF #1 is a down lineman read his alignment - Block under the Chin - HIGH PRESSURE CONTROL - Try to work off the LOS at least one yard then disengage by extending your arms. Work to stay square on the defender.

CALLS TO BE ALERT FOR:

a) SLIDE-IT-CALL - If your onside tackle makes a SLIDE CALL-take a 2 to 3 inch lateral step (PIVOT STEP) with your onside foot - PUNCH and PIVOT and slide towards the back door - check center - Guard - Tackle in that order.

ON T - MAN BLOCKING - #2 - If #2 is a down lineman - read his alignment - Block under the chin - HIGH PRESSURE CONTROL - Try to work off the LOS at least 1 yard then disengage by extending your arms. Work to stay square on the defender. If #2 is a linebacker - Take a ZONE STEP towards the hip of the defender aligned on the Tight End. If linebacker drops or scrapes off help the tight end.

CALLS TO BE ALERT FOR:

a) SLIDE-IT-CALL - Your call - In order to handle the overshifted looks it is critical you recognize where the defensive end aligns. If he happens to align on your onside guard - make a slide call to the guard and block aggressively on the defender aligned on the guard. Step with your near foot towards the hip of the defensive end. If the hip goes away, throttle down and get under control. Look for a blitz or twist coming from the BACKSIDE.

OFF G - FIRST MAN ON LOS (FAN) - SLIDE BLOCKING SCHEME - AREA PROTECTION. If covered by a down lineman, SET for his outside number. If he rushes thru your nose to your outside eye or shoulder block him all the way - "STUFF" him at LOS. If he rushes inside of you PUNCH AND PASS him to the center. If he is aligned inside eye or shoulder (1 TECH) take a 2 to 3 inch lateral step (PIVOT STEP) with your playside foot - PUNCH and PIVOT and slide towards the backdoor. If covered by a linebacker, the 1st man on LOS is aligned on the tackle - set for a wide-rush defender.

OFF T - SECOND MAN ON LOS (FAN) - SLIDE BLOCKING SCHEME - AREA PROTECTION. If covered by a down lineman and a defender outside (2nd man on line) SET for the widest defender. If defender aligned on you rushes thru your outside shoulder - block him all the way. If defender rushes inside of you - block the next defender coming from the outside.

CALLS TO BE ALERT FOR:

a) TOM CALL - Your call - if guard is covered by a linebacker and the end man on LOS is aligned on or outside of you - set to block the end man on the LOS!

"Y" MAN BLOCKING - #3

Technique: High pressure control - try to work the defender off the LOS one yard - disengage by extending your arms.

"R-BACK" "R" will fake 40/50 Gut and be responsible for picking up the first blitzer from teh inside. Next, make sure the protection is secure and then, proceed to your pass pattern responsibility.

"H-BACK" Run Pattern Called!

OFF G - FIRST MAN ON LOS (FAN) - SLIDE BLOCKING SCHEME - AREA PROTECTION. If covered by a down lineman, SET for his outside number. If he rushes thru your nose to your outside eye or shoulder block him all the way - "STUFF" him at LOS. If he rushes inside of you PUNCH AND PASS him to the center. If he is aligned inside eye or shoulder (1 TECH) take a 2 to 3 inch lateral step (PIVOT STEP) with your playside foot - PUNCH and PIVOT and [illegible] towards the backdoor [illegible] covered by a linebacker, the [illegible] man [illegible] is aligned on the tackle - set for a wide-rush defender.

OFF T - SECOND MAN ON LOS (FAN) - SLIDE BLOCKING SCHEME - AREA PROTECTION. If covered by a down lineman and a defender outside (2nd man on line) SET for the widest defender. If defender aligned on you rushes thru your outside shoulder - block him all the way. If defender rushes inside of you - block the next defender coming from the outside.

CALLS TO BE ALERT FOR:

a) TOM CALL - Your call - if guard is covered by a linebacker and the end man on LOS is aligned on or outside of you - set to block the end man on the LOS!

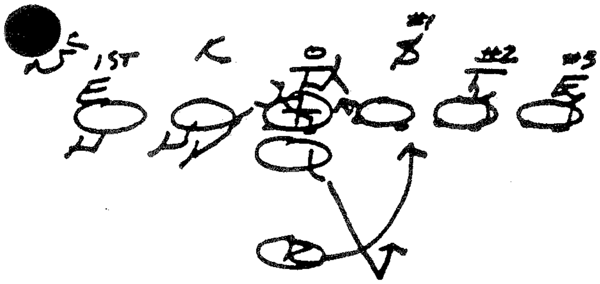
"Y" MAN BLOCKING - #3

Technique: High pressure control - try to work the defender off the LOS one yard - disengage by extending your arms.

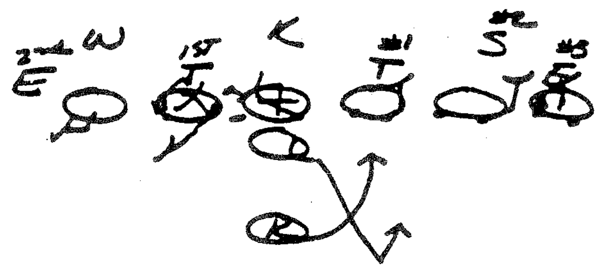
"R-BACK" "R" will fake 40/50 Gut and be responsible for picking up the first blitzer from teh inside. Next, make sure the protection is secure and then, proceed to your pass pattern responsibility.

"H-BACK" Run Pattern Called!

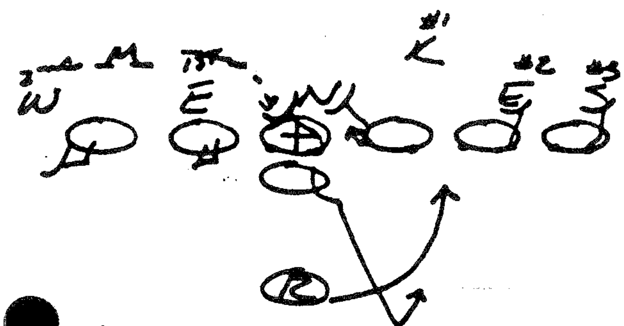
K-C



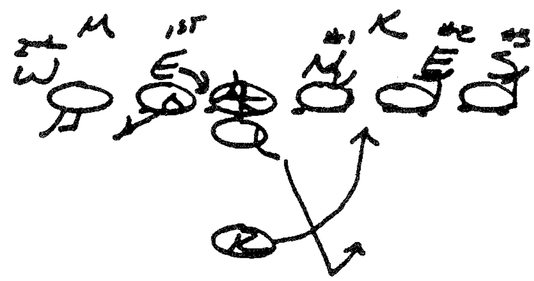
4-3 Double X



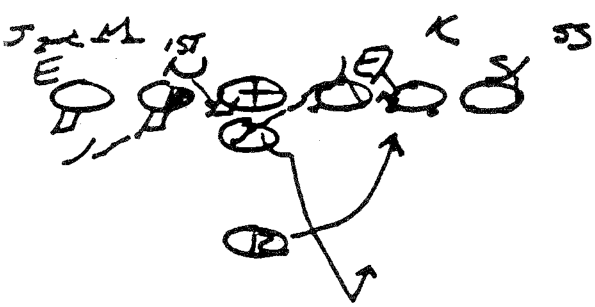
34 Weak Eagle



34 Over

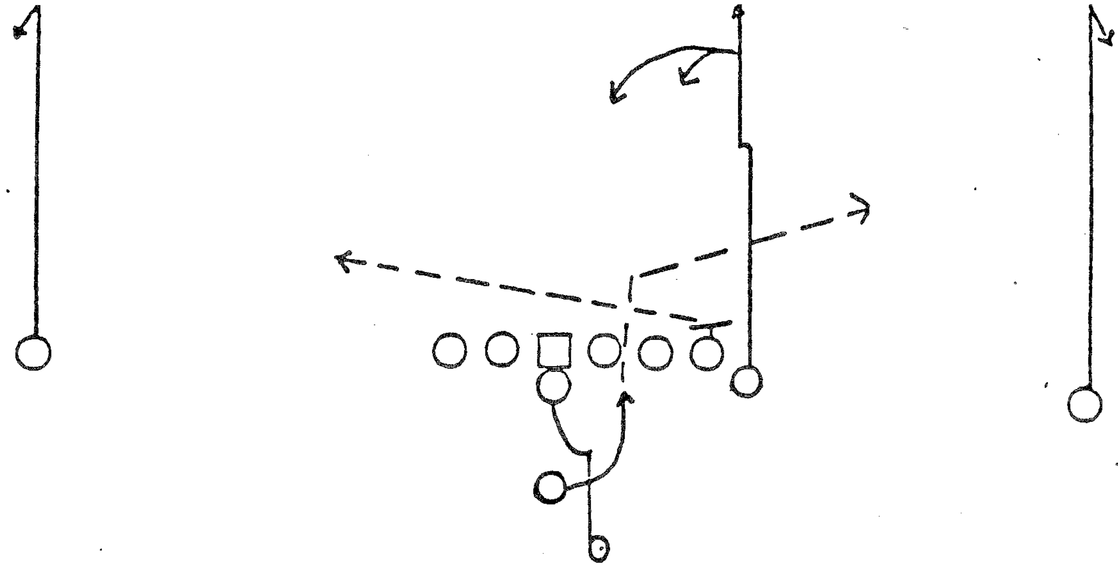


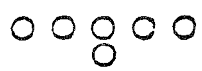
34 Eagle - Nose Weak

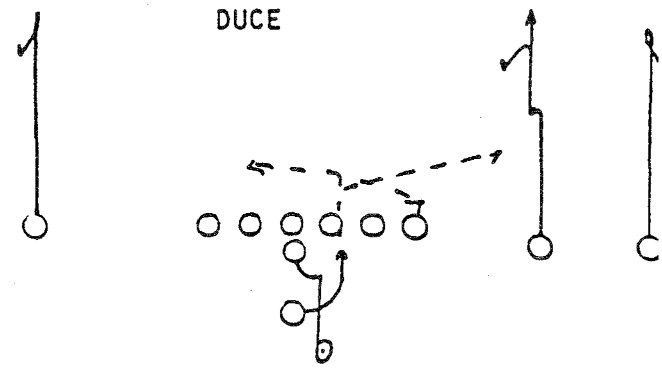


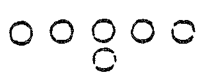
CHARLIES

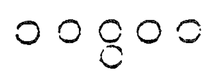
585 Over
989 Over
428
872
772
191
"H" 6 & Pump
"H" 7
"H" Flat 8
CH 60 819 CB
CH 60 585 Over











KEY COACHING POINTS

QB = Play action strongside read; MOF open read inside/out, deep to short; MOF closed work outside/in deep to short. Responsible with X for W/S.

R = Fk 40 Gut, Ck Mike N/T run sneak (CP Blitz, forget Fake, attack blitzer

H = 8 route read middle

Y = Block 40 Gut, over (alert for S/S Blitz)

Z = 5 route, fade vs. press

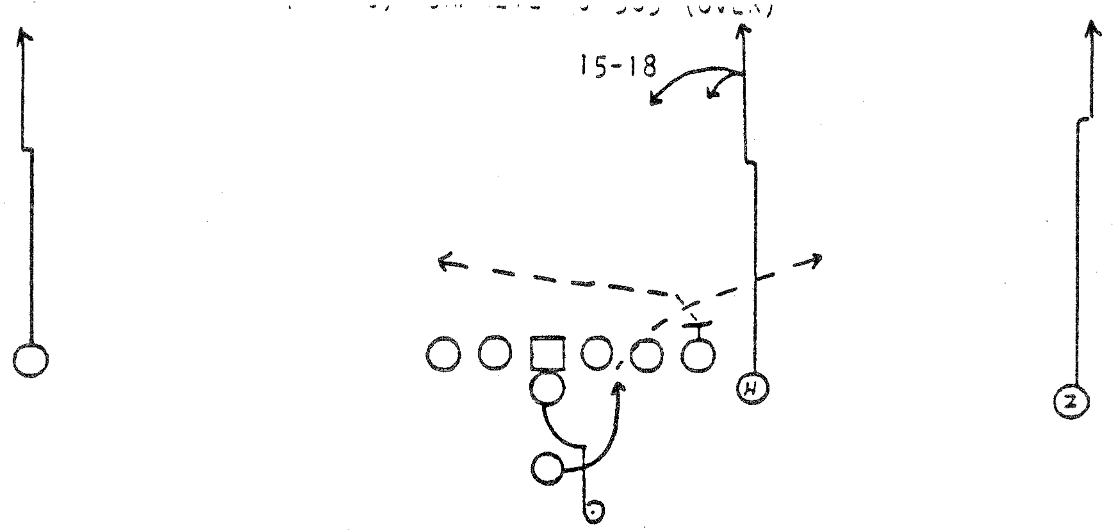
X = 5 route, fade vs. press, blitz adjust vs. W/S blitz

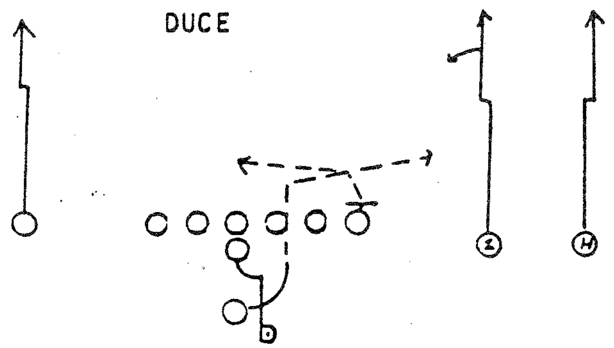
PROTECTION

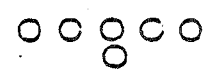
Charlie

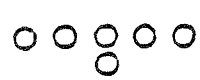
FORMATIONS

Trips
Hip
Duce
Duce Zoom
Duce Zip
Duce Fly
Spread Motion
Spread Long Motion











KEY COACHING POINTS

QB = Play action, strongside read, MOF open read deep to short inside/out; MOF closed outside/in deep to short; X by game plan or W/S blitz.

R = Fk 40/50 Gut, Ck Mike N/T run sneak; (CP Blitz forget fake, attack blitzer

H = Route called (8)

Y = Block 40 Gut, Over (Alert for S/S Blitz) , then flat

= Route called (9)

= Blitz adjust vs. W/S blitz, route called (9)

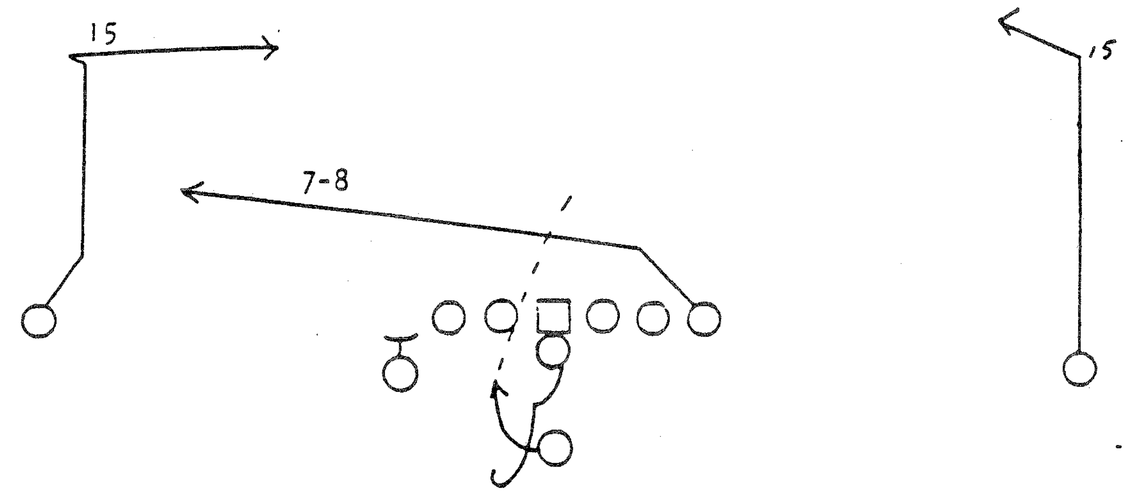
PROTECTION

Charlie

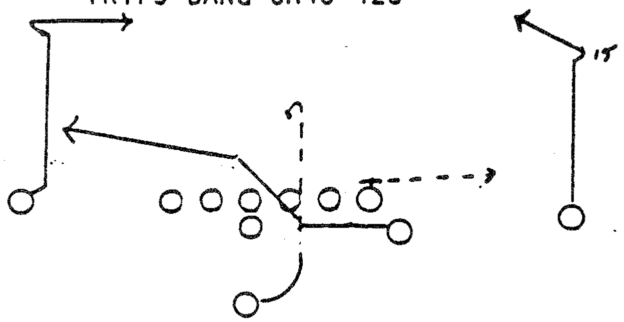
FORMATIONS

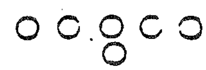
Trips
Trips Fake Whiz
Trips Fly
Trips Zoom
Trips Fake Zoom
Spread Motion
Duce (Zoom) (ZIP) (Fly)
Walk

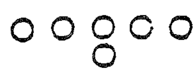
CHARLIE 50 428 (SPREAD)

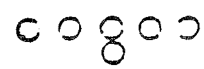


TRIPS BANG CH40 428









KEY COACHING POINTS

QB = Play action, weakside read; work outside/ in deep to short regardless of MOF; W/S works weak, can throw 8 backside or by game plan. Responsible for W/S blitz.

R = Fk 40/50 Gut, Check Mike N/T; run Ck. down (CP. blitz forget Fk, attack blitzer)
[illegible] = Block 50 Gut, if to your side, then flat, away run route (2)
Y = Block Gut if to you, then flat, route called if away (alert S/S Blitz)
Z = Route called (8)
X = Blitz adjust vs. W/S blitz; 4 route vs. no blitz
Single receiver 1st digit
Inside receiver to 2 receiver side 2nd Digit
Outside receiver to 2 receiver side 3rd Digit

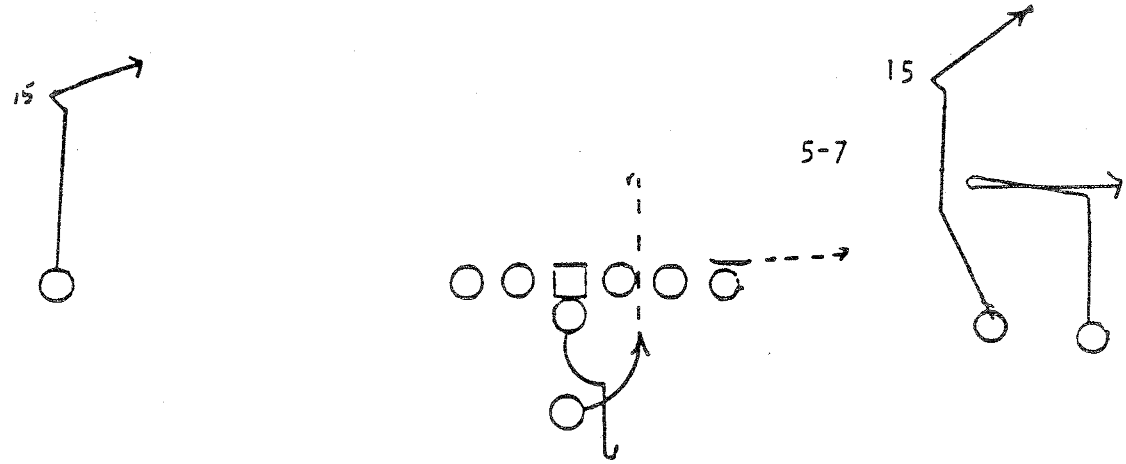
PROTECTION

Charlie

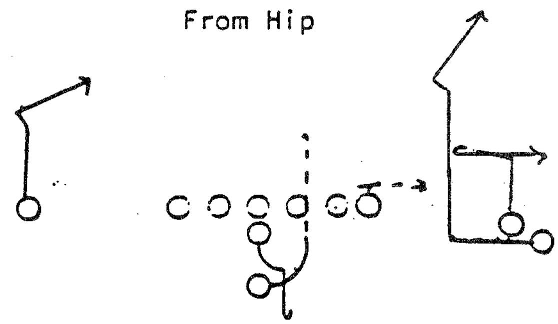
FORMATIONS

Spread
Trips Whiz
Trips Zoom
Trips Fake Zoom
Spread Fake Motion

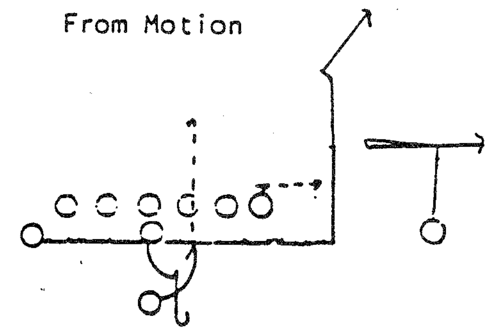
CHARLIE 40 872 (DEUCE)



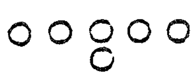
From Hip

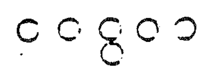


From Motion



CH40 772





KEY COACHING POINTS

QB = Play action strongisde read; MOF closed outside/in deep to short, throw off underneath coverage; MOF open work deep to short throw off underneath coverage. Backside by game plan. Responsible for W/S.

R = Fk 40/50 Gut; Ck Mike N/T, run Ck. Down (CP Blitz forget Fk. Attack Blitzer)

H = Route called (2)

Y = Block 40 Gut - alert vs. S/S blitz, block him, then flat

· = Route called (7)

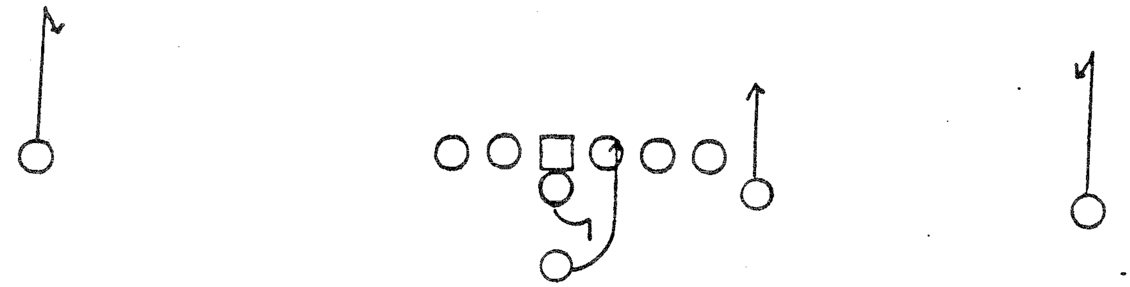
· = Blitz adjust vs. W/S Blitz, route called (8)

PROTECTION

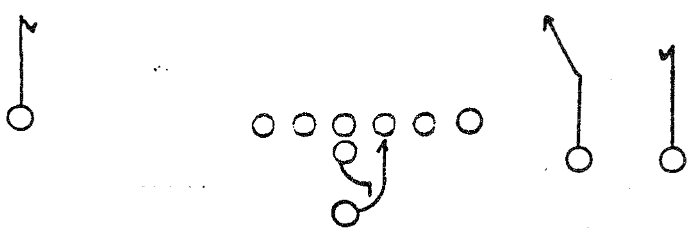
Charlie

FORMATIONS

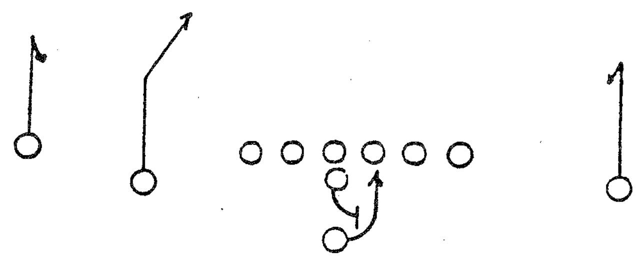
Duce
Hip
Spread Motion
Trips
Trips Fake Whiz



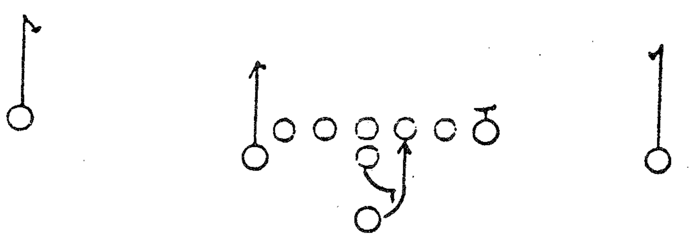
DUCE

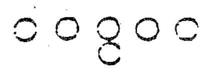


WALK



SPREAD





KEY COACHING POINTS

QB = One step off CH 40/50 fake; MOF closed throw away from rotation or easiest throw based on pre-snap look; MOF open work inside/out strongside. Responsible for W/S.
R = Fake 40/50 Gut, Check Mike then check down
H = If outside run 8 yard Hitch, Fade vs. roll, in inside run vertical
Y = Aggressive block 40/50 Gut (alert for S/S blitz)
X = 8 yard Hitch, Fade vs. roll
Z = 8 yard Hitch, Fade vs. roll, if inside run vertical

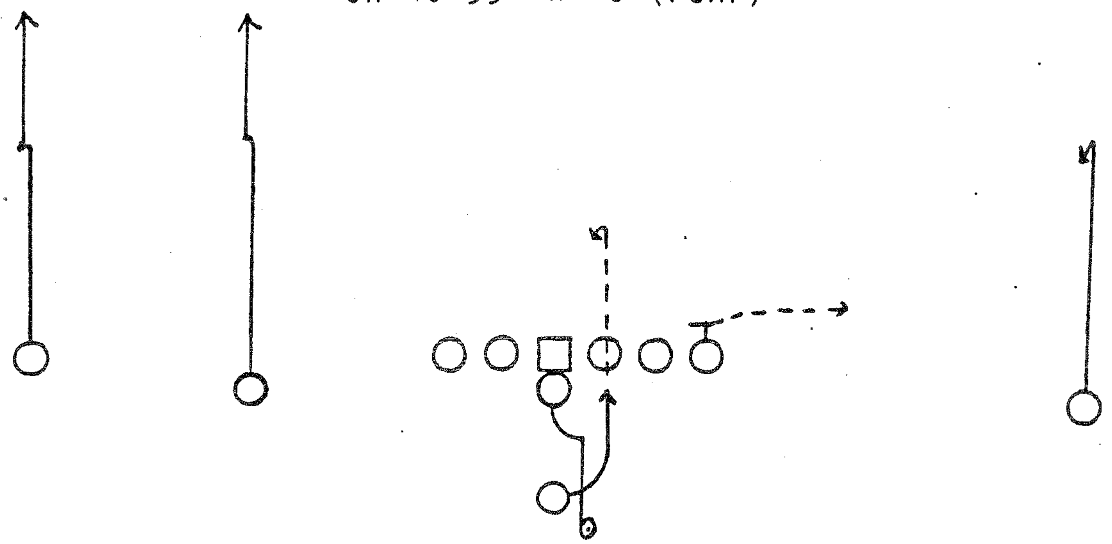
PROTECTION

Charlie

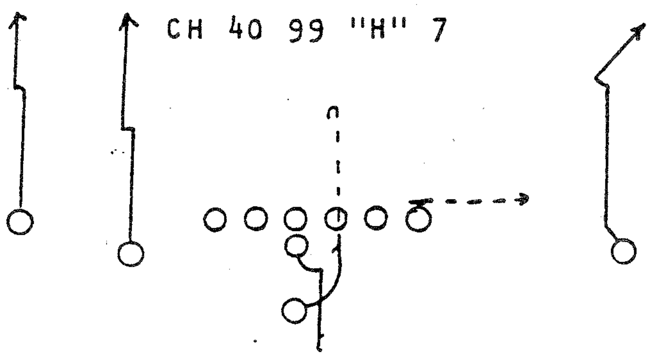
FORMATIONS

Trips
Hip
Spread Mot
Spread
Dart
Trips Whiz
Freeze
Walk
Duce

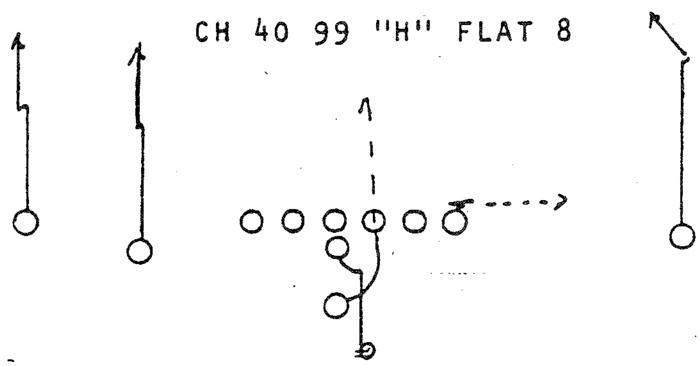
CH 40 99 "H" 6 (PUMP)

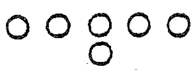


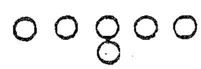
CH 40 99 "H" 7



CH 40 99 "H" FLAT 8







KEY COACHING POINTS

QB = Play action weakside read; stay weak unless W/S works weak; vs. weak rotation or MOF open work backside 9's. Responsible with Z for W/S.

R = Fk 40/50 Gut; Ck Mike, N/T run Ck Down (CP If blitz forget fake, attack blitzer)
Z = 9 route fade vs. roll or press adjust vs. W/S Blitz
Y = Ck Sam; Run Sally/Rose if S/S blitz must blk him
X = 9 route, fade vs. roll or press
H = 6 route, fade vs. roll or press

PROTECTION

Charlie

FORMATIONS

Walk
Spread Slot Long Jet
Trips Slot Jet Out
Walk Zoom
Walk Zip

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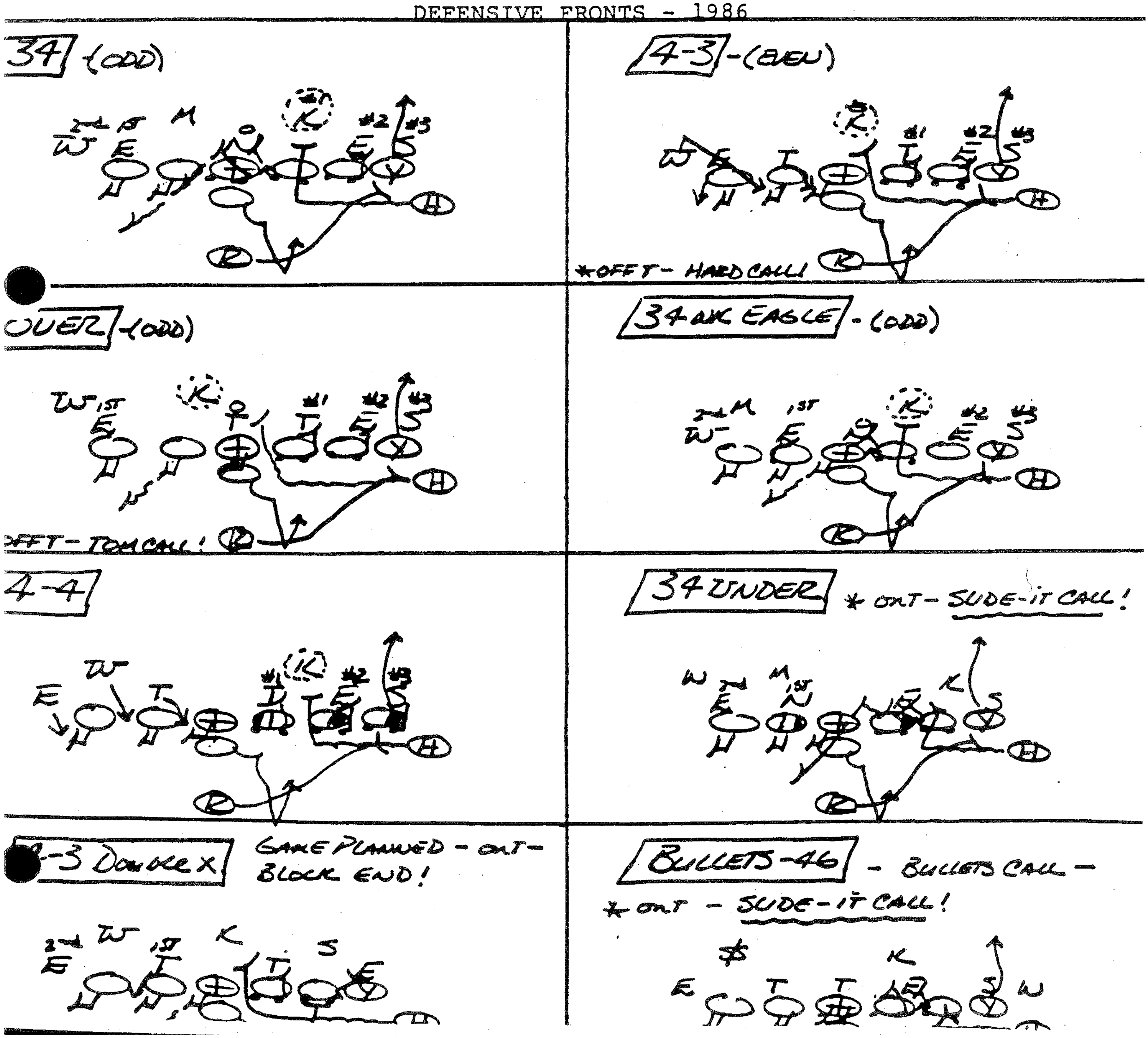
("CHARLIE" 60-70 PASSING)

PROTECTION:

CHARLIE 60-70 PROTECTION

"CHARLIE" 60-70 Protection is exactly the same for the offensive line as CHARLIE 40-50! "H"; "R"; and "Y" will switch responsibilities giving us greater flexibility in our play action passing game. "H-BACK" will have a blocking responsibility of 1st linebacker from inside-out including "MIKE". "R-BACK" will block #3 to the strong safety and "Y" will be involved in pattern!

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION:

CHARLIE 60-70 PROTECTION

RULES - TECHNQIUES - COACHING POINTS:

NOTE: The onside in this protection is the side of the action called. Example: CHARLIE 60 - the ONSIDE is the right side. CHARLIE 70 - the ONSIDE is the left side.

C BACKSIDE GAP - BACKSIDE LINEBACKER - SLIDE THE BACK DOOR- (SLIDE BLOCKING SCHEME). Same as Charlie 40-50 Protection!

ON G MAN BLOCKING - #1 - If #1 is a linebacker, slide aggressively towards the nose/tackle. If #1 is a down lineman - read his alignment - block under the chin - HIGH PRESSURE CONTROL! Same as Charlie 40-50 Protection!

CALLS TO BE ALERT FOR:

a) SLIDE-IT CALL - If your onside tackle makes a SLIDE-IT CALL - take a 2 to 3 inch lateral step (PIVOT STEP) with your onside foot - PUNCH and PIVOT - slide the back door. Same as Charlie 40-50 Protection!

ON T MAN BLOCKING - #2 - If #2 is a down lineman - read his alignment - block under the chin - HIGH PRESSURE CONTROL! If #2 is a linebacker -- find the BIG END. If aligned over the tight end - take short lead step - explode - block near number of the RUSH-END!

CALLS TO BE ALERT FOR:

a) SLIDE-IT CALL - Your call - in order to handle the overshifted looks it is critical you recognize where the defensive end aligns. If he aligns on your onside guard - make a SLIDE-IT CALL and block down aggressively on the END! Step with your near foot - if the hip goes away, throttle down and get under control. Look for a blitz or twist coming from the BACK SIDE!

OFF G FIRST MAN ON LOS (FAN) - SLIDE BLOCKING SCHEME - AREA PROTECTION. Same as Charlie 40-50 Protection!

OFF T SECOND MAN ON LOS (FAN) - SLIDE BLOCKING SCHEME - AREA PROTECTION. Same as Charlie 40-50 Protection!

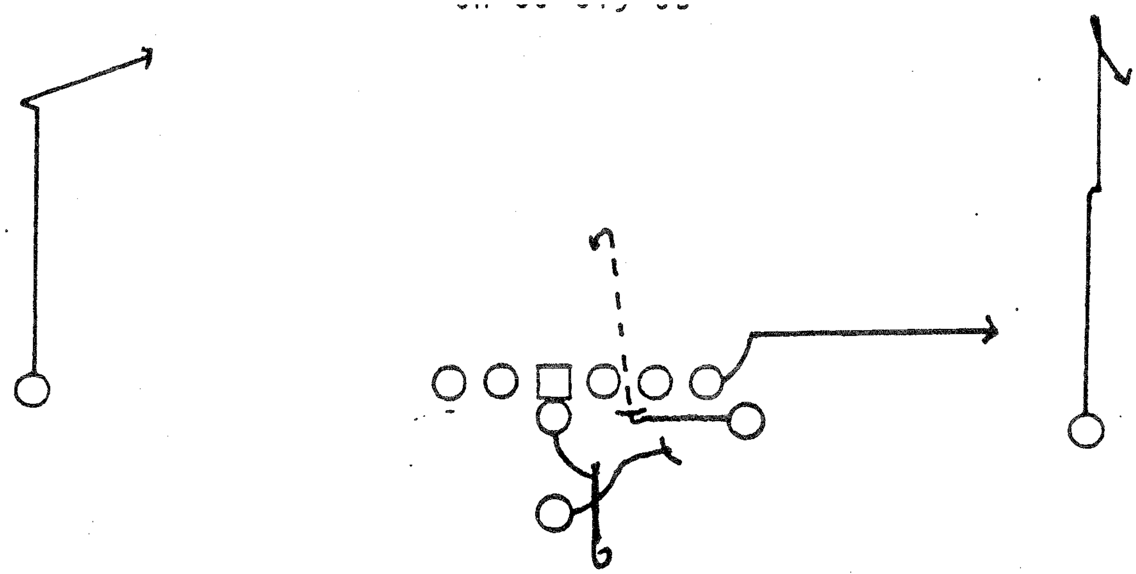
CALLS TO BE ALERT FOR:

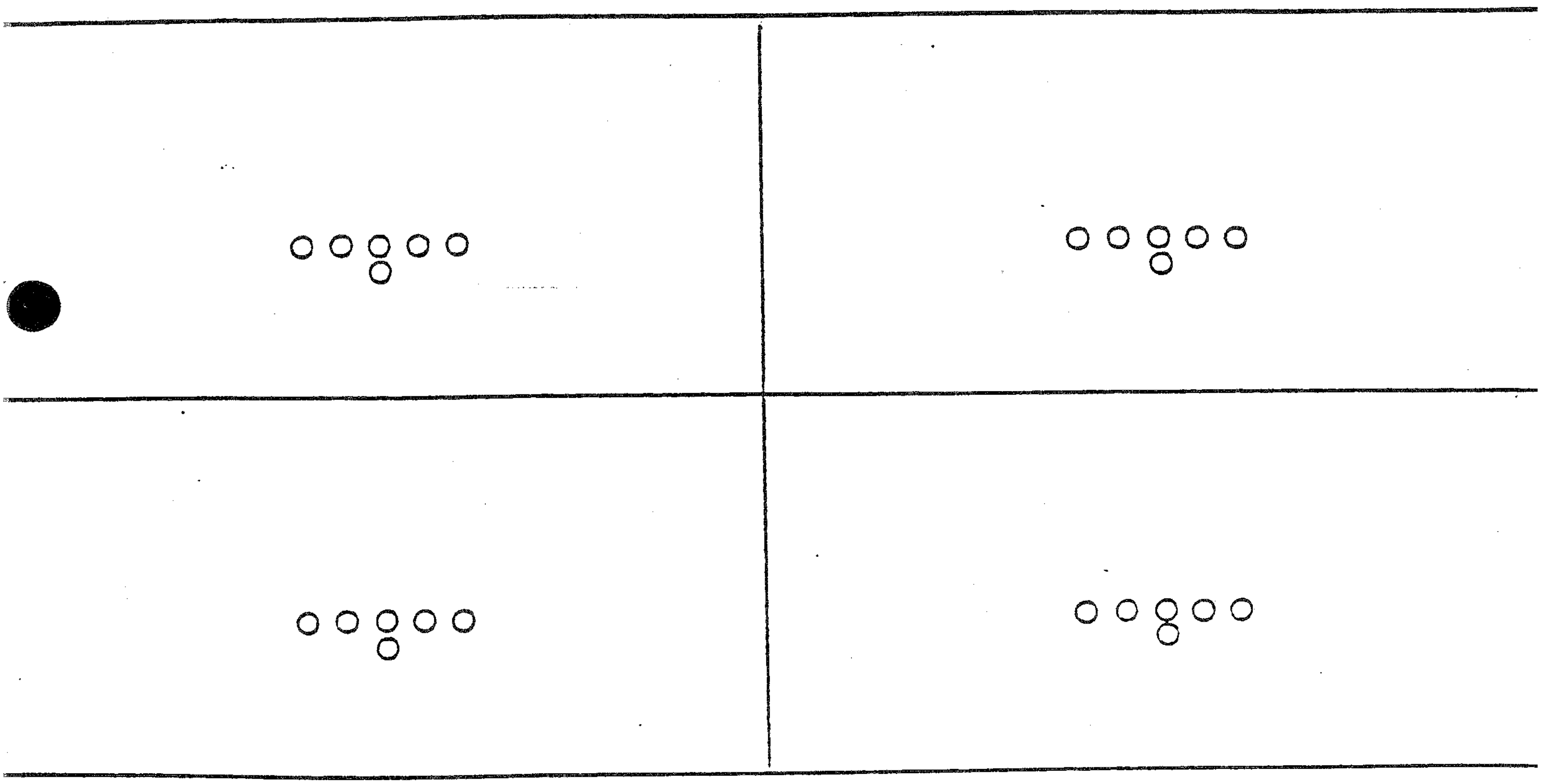
a) TOM CALL - Your call - if guard is covered by a linebacker and the end man on LOS is aligned on or outside of you - set to block the end man on the LOS!

"Y" Run Pattern Called!

"R-BACK" "R" is responsible for flash faking 60/70 Outside and blocking #3. If #3 doesn't rush, check the strong safety blitz.

"H-BACK" 1st Linebacker inside-out including "MIKE". Defender doesn't come - check down.





KEY COACHING POINTS

QB = Play action, strongside read; stay strong regardless of coverage; work outside/in deep to short; backside by game plan. Responsible for W/S blitz.

S.B.(H) = Check Mike or 1st LB'er inside out counting Mike, run over

W.B.(R) = Fake 40, 1st LB'er inside out not counting Mike

X = 1st Digit(8), Fade vs. Roll, Adjust vs. W/S Blitz

Y = 2nd Digit (1)

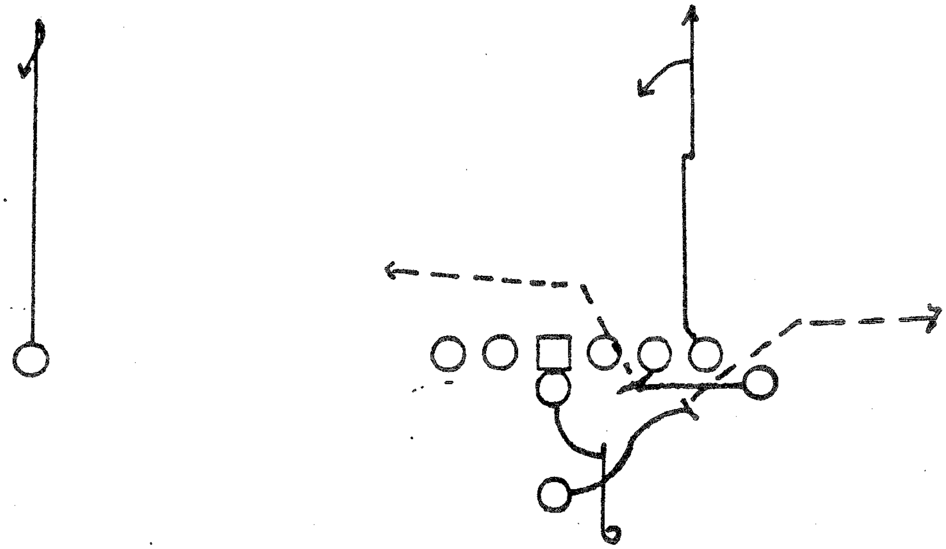
Z = 3rd Digit (9CB) Run route vs. Press or Roll

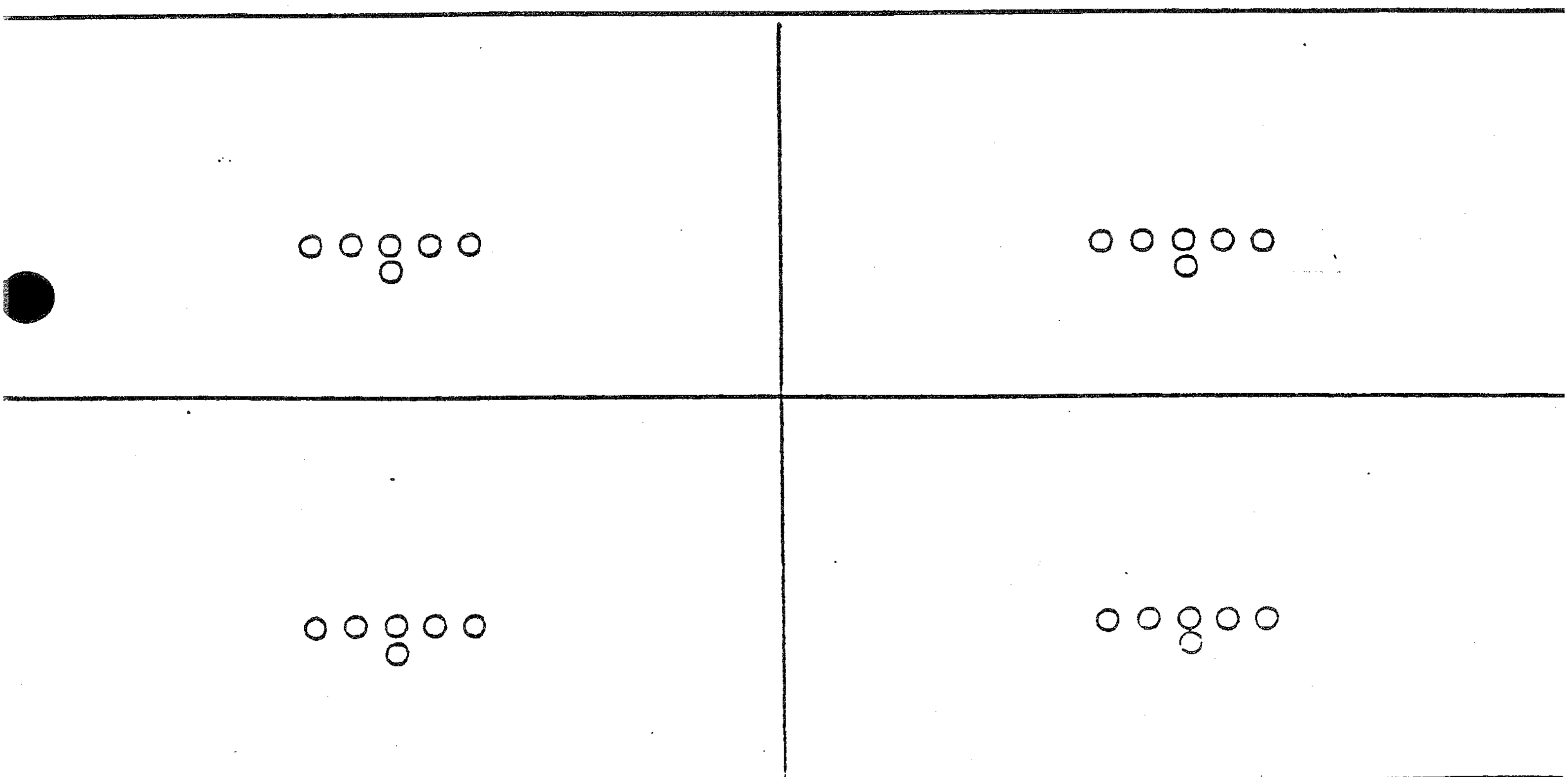
PROTECTION

CH 60/70

FORMATIONS

Trips Bang
Near





KEY COACHING POINTS

QB = Play action strongside read; MOF closed work outside/in deep to short; MOF open work inside/out deep to short, throw off underneath coverage. Responsible for W/S blitz.

S.B.(H) = Check Mike, or 1st LB'er inside out counting Mike, run over

W.B.(R) = Fake 40 Gut, check # 1st LB'er inside not counting Mike, run over

X = 1st Digit (5) Fade vs. Roll, adjust vs. W/S Blitz

Y = 2nd Digit (8)

Z = 3rd Digit (5) Fade vs. Roll

PROTECTIONS

CH 60/70

FORMATIONS

Trips Bang Near

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(PLAY PASS 60-70 OUTSIDE PASSING)

PASSING GAME

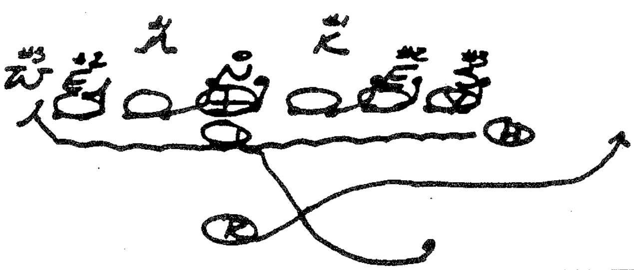
PROTECTION:

PLAY PASS 60-70 OUTSIDE

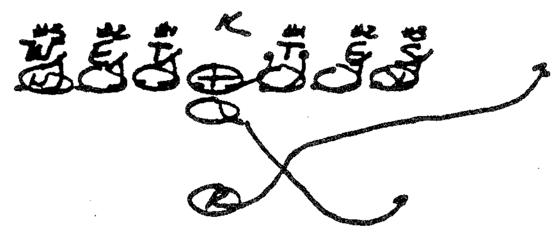
When Quarterback gives the term PLAY PASS he is alerting the offensive line to block the protection exactly like the RUN. It is important that we give the defense a RUN READ so that the defense reacts to the run in order for this type of pass to be successful.

DEFENSIVE FRONTS - 1986

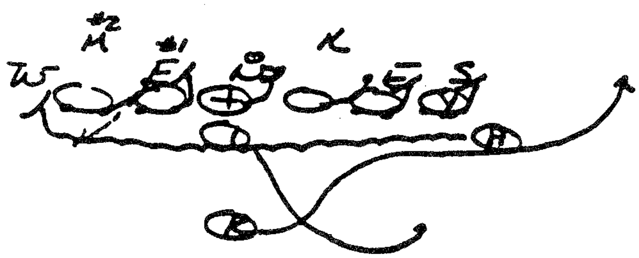
34 or (K-C)



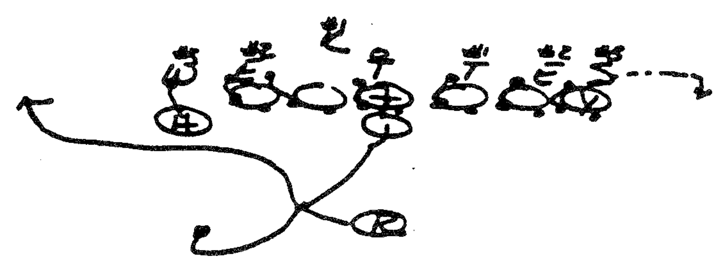
4-3



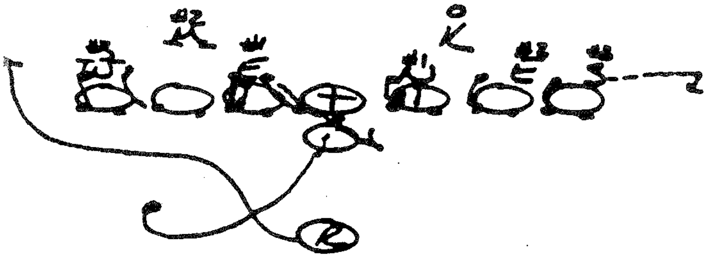
34 WEAK EAGLE or (UNDER)



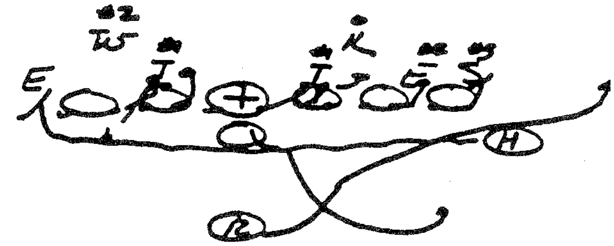
OVER



34 OVER - CENTER - ORANGE!

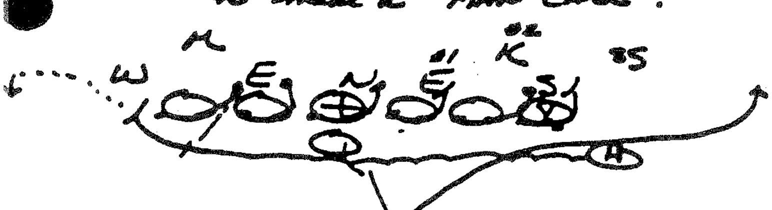


4-4 - CENTER - ORANGE!



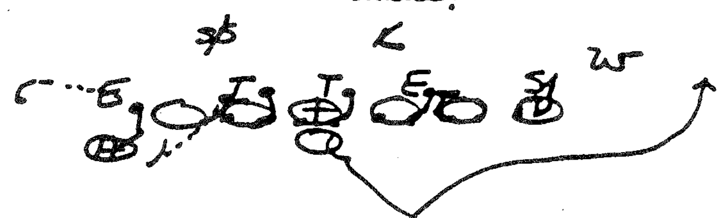
34 DOUBLE EAGLE

ONT - Read LBer alignment - BRACKET to make a "MAN CALL"!



BULLETS - 46

ONT - DUCE-IT - ONG-ONT - Handle stack inside!



PASSING GAME

PROTECTION:

PLAY PASS 60-70 OUTSIDE

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the side of the action called - Example: PLAY PASS 60 OUTSIDE - ONSIDE is the right side; PLAY PASS 70 OUTSIDE - ONSIDE is the left side! On all play action type passes, all TWISTS and BLITZES are to be ZONE pick-ups. The reason for this is so that we can give the defense a RUN-READ!

C MAN BLOCKING - "0" - Same as 60-70 OUTSIDE! If covered by a linebacker - drive hard to the hip of the next down lineman to playside - as you step, "eye-ball" the linebacker- if no defender working into your area - hinge back!

ON G MAN BLOCKING - #1 - Same as 60-70 OUTSIDE! If #1 is a linebacker - drive hard to the hip of the defender aligned on the tackle. If he "rocks" or slants inside - block him under the chin and square your shoulders to the goal line. If covered by a down lineman - read his alignment.

ON T MAN BLOCKING - #2 - Same as 60-70 OUTSIDE! If #2 is a down lineman, READ his alignment - if outside eye or shoulder (5 TECHNIQUE) - drive on outside number - if end "rocks" inside - punch and pass to guard - look for scrape-off linebacker. If defender is aligned in a (4 TECHNIQUE) - drive under chin. Be alert for him to slant inside. If aligned onside eye or shoulder (4-I TECHNIQUE) - step with inside foot - punch and pass to onside guard. If #2 is a linebacker - READ his alignment - if aligned outside eye or shoulder - ZONE STEP toward the hip of the defender aligned on the tight end. As you step, "eyeball" the linebacker so he doesn't try and run underneath your block. If linebacker is head up or inside-eye on alignment make MAN CALL to tight end. If linebacker "blitzes" inside - SWITCH OFF with the guard!

OFF G MAN BLOCKING - #1 - Same as 60-70 OUTISDE! If #1 is a linebacker - drive hard to the hip of the defender aligned on the center - hinge back and work the back door if no one coming into your AREA. If covered by a down lineman, drive on his onside number (HIGH PRESSURE CONTROL). If defender aligned inside eye or shoulder (1 TECHNIQUE) - drive under the chin!

OFF T MAN BLOCKING - #2 - Same as 60-70 OUTSIDE! If #2 is a down lineman, drive on his onside number (HIGH PRESSURE CONTROL). If defender aligned onside eye or shoulder (4-I TECHNIQUE) - drive under the chin! If #2 is a linebacker - drive hard to the hip of the defender aligned on the off-guard - hinge back and work the back door if no one coming into your AREA.

"Y" MAN BLOCKING - #3 - (High Pressure Control)

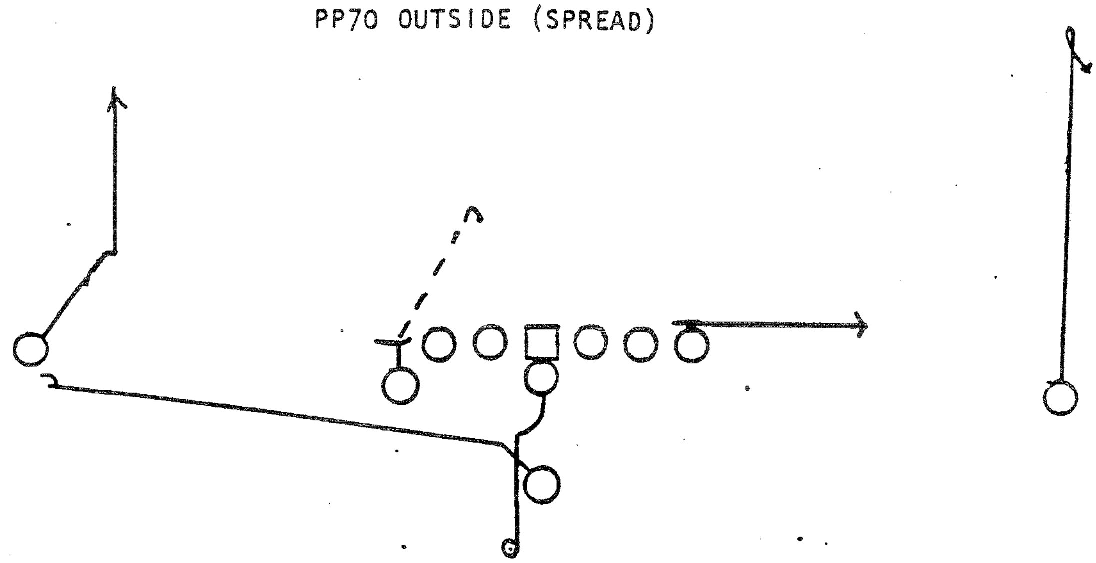
ONSIDE	OFFSIDE
Block three counts and leak into hash area.	Block three counts and release into flat.

"R-BACK" Flash fake 60-70 Outside and look for #4 from the call side. If #4 is not a threat to the QB, flatten out down the LOS and become a receiver. Once you get within 5 yards of the sideline and the ball hasn't been thrown, just hook it up right there.

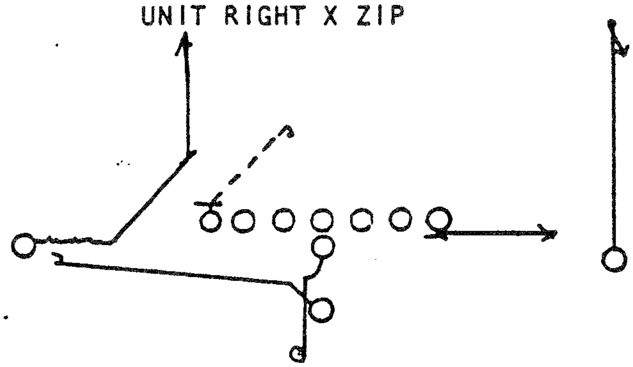
"H-BACK" MAN BLOCKING - #3 - (High Pressure Control)

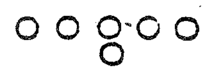
ONSIDE	OFFSIDE
Block three counts and leak into has area .	Block three counts and and release into flat.

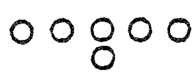
PP70 OUTSIDE (SPREAD)

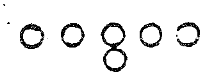


UNIT RIGHT X ZIP









KEY COACHING POINTS

QB = QB & X have W/S Blitz; 7 steps off 60/70 Outside Fake; weakside read, check W/S and corner for double support. N/T can take "R" on sitdown or comeback to CB. Last options are "H" or "Y" on checks. Be aware of D/D

R = Fake 60/70 Outside, set down of LOS

H = Aggressive, block man on, check down

Y = Block man on, outside, flat after 3 count

Z = 9 Comeback, Pattern could change by game plan

X = Stalk W/S, Go. Blitz adjust vs. W/S Blitz

PROTECTION

Play Pass

FORMATIONS

Spread
Trips Whiz
Spread Fake Motion
Unit
Unit X Zip

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(BOOTLEG PASSING)

PASSING GAME

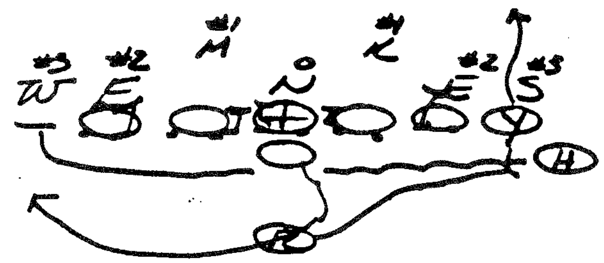
PROTECTION:

BOOTLEG PROTECTION

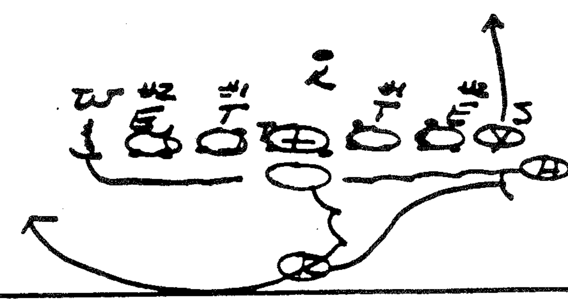
When Quarterback gives the term "BOOTLEG" he is alerting the offensive line to block MAN-ON-MAN protection aggressively - giving us a SOLID FRONT! Our "R-BACK" will fake 60-70 Outside away from the CALL and block the man aligned on the tight end (#3). Our "H-BACK" will use bang movement and block the end man on the LOS towards the CALL SIDE!

DEFENSIVE FRONTS - 1986

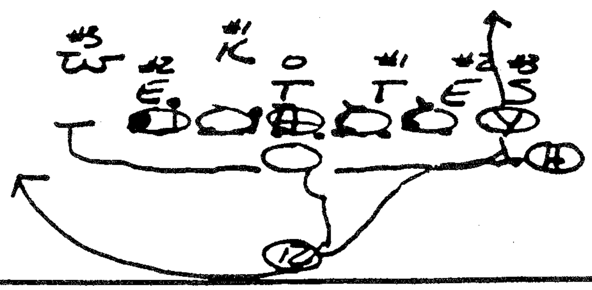
34 - (ODD)



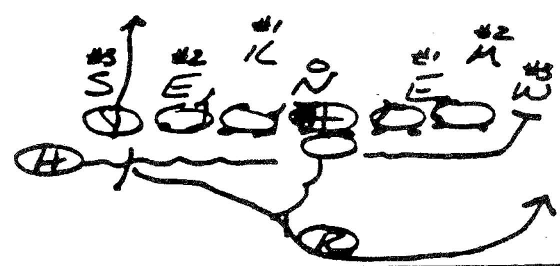
4-3 - (EVEN)



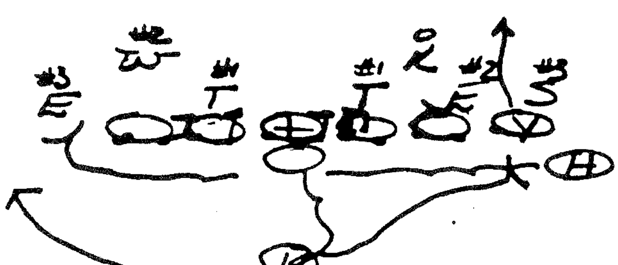
'ER - (ODD)



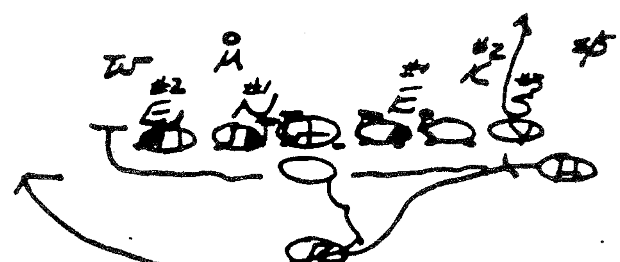
34 WK EAGLE - (ODD)



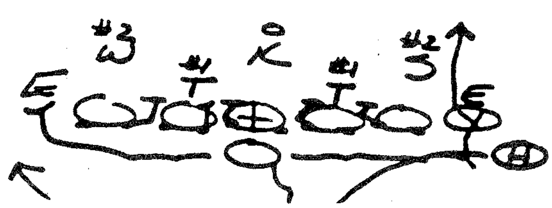
4-4 - (ORANGE)



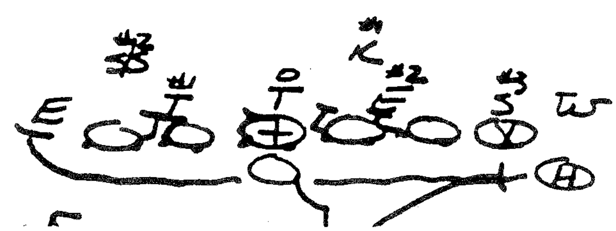
34 UNDER - (YELLOW)



4-3 DOUBLE X - (EVEN)



BULLETS 46 - "BULLETS CALL"!



PASSING GAME

PROTECTION:

BOOTLEG PROTECTION

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the PROTECTION CALL SIDE - Example: BOOT RIGHT - ONSIDE is the right side; BOOT LEFT - ONSIDE is the left side! On all play action type passes, all TWISTS and BLITZES are to be ZONE pick ups. The reason for this is so that we can give the defense a RUSH-READ! EXAMPLE OF A CALL: TRIPS RIGHT BANG - "BOOT" RIGHT 544!

C MAN BLOCKING - "0" - (HIGH PRESSURE CONTROL TECHNIQUE). If covered by a linebacker (EVEN LOOK) - step towards the protection call side - check your linebacker - be alert to help either guard.

CALLS TO BE ALERT FOR:

a) ODD or EVEN CALL - Your call - to determine the alignment of the defense.

b) ORANGE or YELLOW CALL - Your call - when uncovered - call to determine which side you are counting "0". ORANGE - to the right; YELLOW - to the left! Versus - 3 DOWN LINEMEN - make color call to the side the nose/tackle aligns. Versus - 4 DOWN LINEMEN - make the color call to the side that "Mike" aligns. Short flat lateral step towards the color call side!

ON G MAN BLOCKING - #1 - (HIGH PRESSURE CONTROL TECHNIQUE). If #1 is a down lineman - READ his alignment - if 2 or 3 TECHNIQUE - block inside number; if 1 TECHNIQUE - block under the chin! If #1 is a linebacker, take short lead step with near foot towards the hip of the nose/tackle - check your linebacker - help on most dangerous!

ON T MAN BLOCKING - #2 - (HIGH PRESSURE CONTROL TECHNIQUE). If #2 is a down lineman - READ his alignment - if 4 or 5 TECHNIQUE - block inside number; if 4-I TECHNIQUE - block under the chin! If #2 is a linebacker, step inside towards the hip of the 3 TECHNIQUE (defender aligned on the guard) check your linebacker - help on most dangerous.

OFF G — MAN BLOCKING - #1 - (HIGH PRESSURE CONTROL TECHNIQUE). If #1 is a down lineman - READ his alignment - if 2 or 3 TECHNIQUE - block inside number; if 1 TECHNIQUE - block under chin! If #1 is a linebacker , take short lead step with near foot towards the hip of the nose/tackle - check your linebacker - help on most dangerous!

OFF T — MAN BLOCKING - #2 - (HIGH PRESSURE CONTROL TECHNIQUE). If #2 is a down lineman - READ his alignment - if 4 or 5 TECHNIQUE - block inside number; if 4-I TECHNIQUE - block under the chin! If #2 is alinebacker, step onside towards the hip of the 3 TECHNIQUE (defender aligned on teh guard) - hinge back and check linebacker to defensive end!

"Y" — Run pattern called unless BOOT ACTION is called to your side - then MAN BLOCK #3 - (HIGH PRESSURE CONTROL).

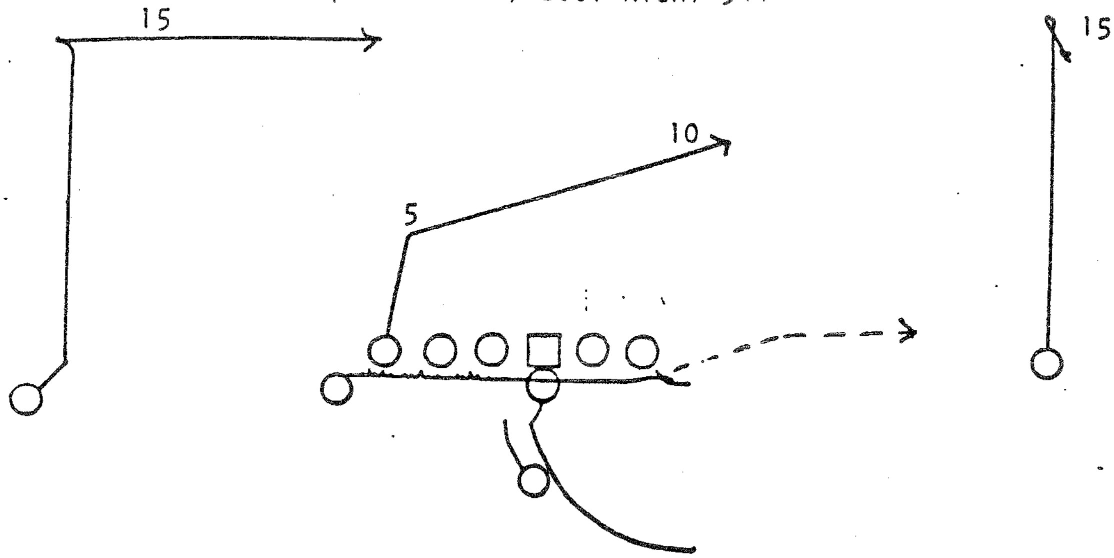
"R-BACK" — "R" will fake 60-70 Outside away from the direction the QB will roll. "R" is responsible for the first wrong color jersey that shows outside of the offensive tackle in the direction you fake the run. If there isn't anyone to block, "R" will check down over the T.E. area.

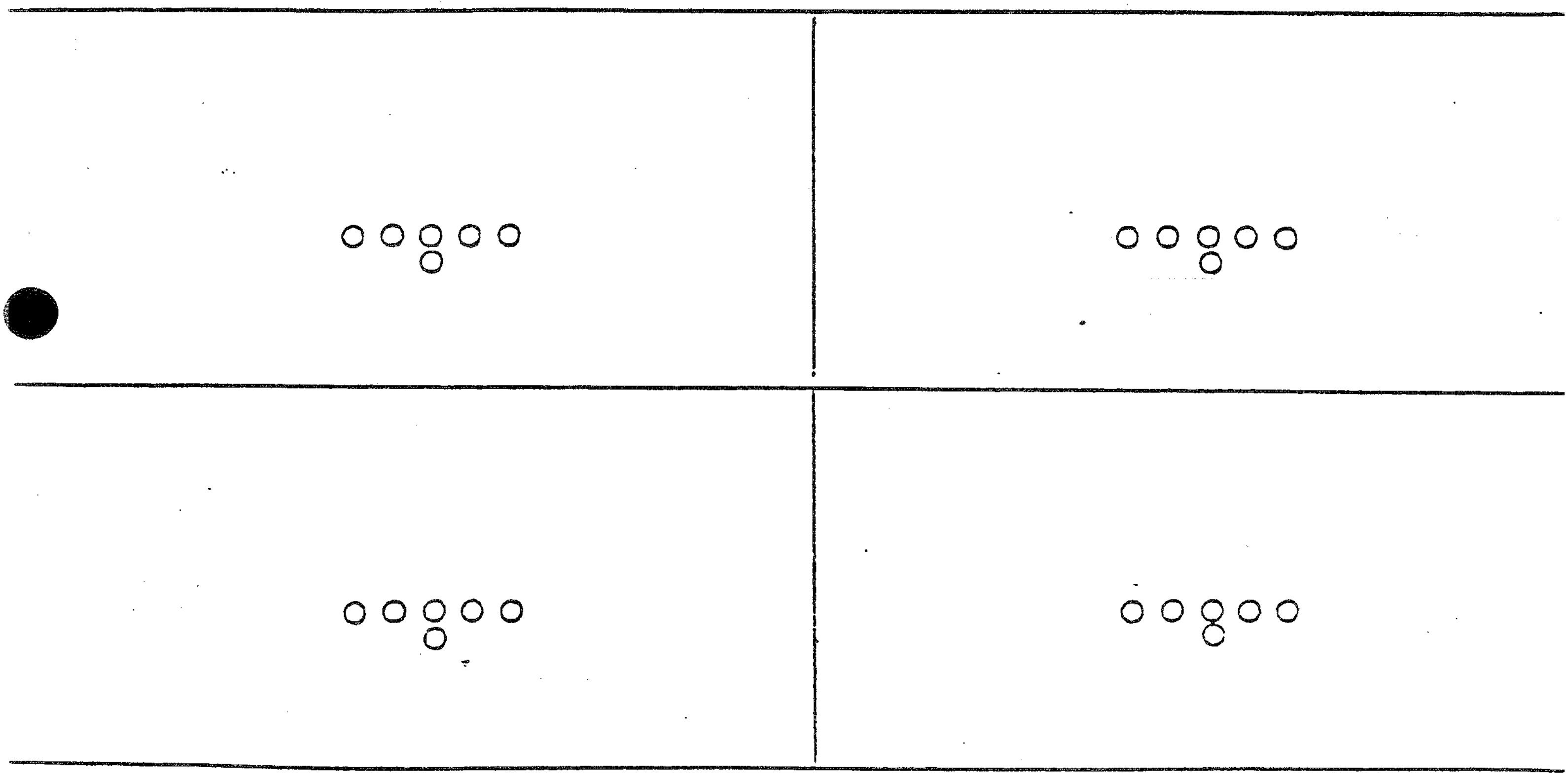
"H-BACK" — MAN BLOCKING - #3 - If run from bang movement attack outside leg of #3. If run from unit use HIGH PRESSURE CONTROL. If boot action is called away from you run pattern called.

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(SPECIAL PASSING)

(TRIPS WHIZ) BOOT RIGHT 544





KEY COACHING POINTS

QB Reads

X & QB have W/S Blitz
Stay Weak, X to Y, H.

"R" - Fake 20 Reach, Mike
"H" - check will, run flat
"Y" - cross to open area
"Z" - 4 route
"X" - blitz adjustment vs. W/S blitz
5 route, fade vs. press

PROTECTION

Bootleg

FORMATIONS

Trips Whiz

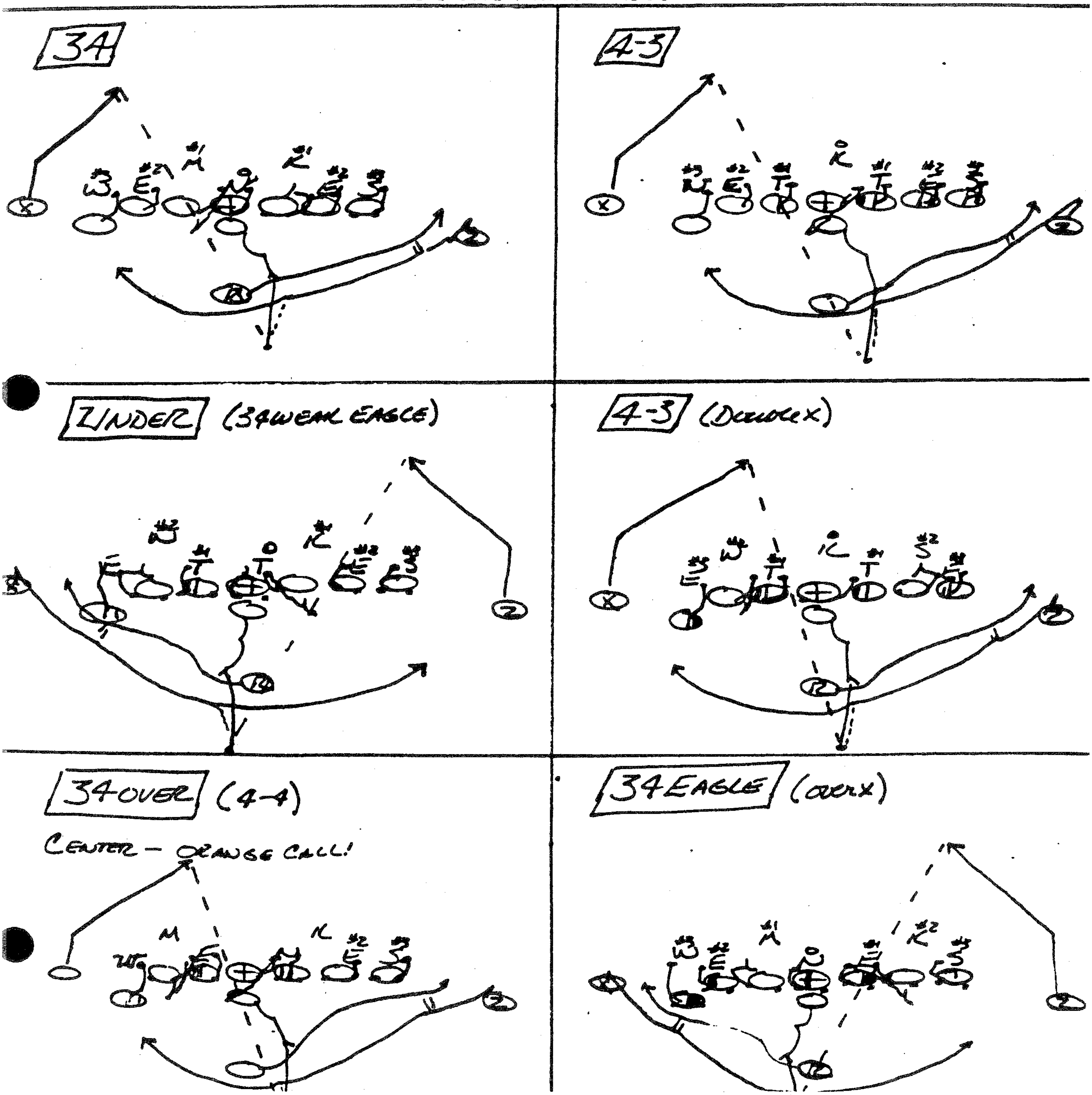
PASSING GAME

PROTECTION

60-70 OUTSIDE REVERSE PASS

This is a SPECIAL PASS that will be thrown by Quarterback after faking the WIDE REVERSE to "Z" or "X"! It is important that the offensive line give the defense a RUN READ so that the defense reacts to the run.

DEFENSIVE FRONTS - 1986



PASSING GAME

PROTECTION

60-70 OUTSIDE - REVERSE PASS

RULES - TECHNIQUES - COACHING POINTS

NOTE: The onside in this protection is the side of the action called - EXAMPLE: 60 OUTSIDE REVERSE PASS - onside is the right side; 70 OUTSIDE REVERSE PASS - onside is on the left side. If on the OFFSIDE, it is important to stay square on the defenders and maintain your block, as the wide receiver will be coming back your way on REVERSE ACTION!

C - MAN BLOCKING - "O" - Same as Play Pass 60-70 OUTSIDE. If covered by a linebacker or uncovered, drive hard to the hip of the next down lineman to playside - hinge back if no one is coming into your area!

ON G - MAN BLOCKING - #1 - Same as Play Pass 60-70 OUTSIDE. If #1 is a linebacker - drive hard to the hip of the defender aligned on the tackle - hinge back if no one is coming into your area! If covered by a down lineman, read his alignment - HIGH PRESSURE CONTROL TECHNIQUE!

ON T - MAN BLOCKING - #2 - Same as Play Pass 60-70 OUTSIDE. If #2 is a down lineman, read his alignment, if outside eye or shoulder (5 TECHNIQUE) - drive on his outside number - if head up or inside eye (4 or 4-I TECHNIQUE) - block under the chin - HIGH PRESSURE CONTROL TECHNIQUE! If #2 is a linebacker - drive hard to the hip of the defender aligned over the TIGHT END - be alert for LBer coming underneath you! Hinge back if no one is coming into your area!

OFF G - MAN BLOCKING - #1 - Same as Play Pass 60-70 OUTSIDE. If #1 is a linebacker - drive hard to the hip of the defender aligned on the center. Hinge back if no one is coming into your area. If covered by a down lineman, drive on his inside number - HIGH PRESSURE CONTROL TECHNIQUE!

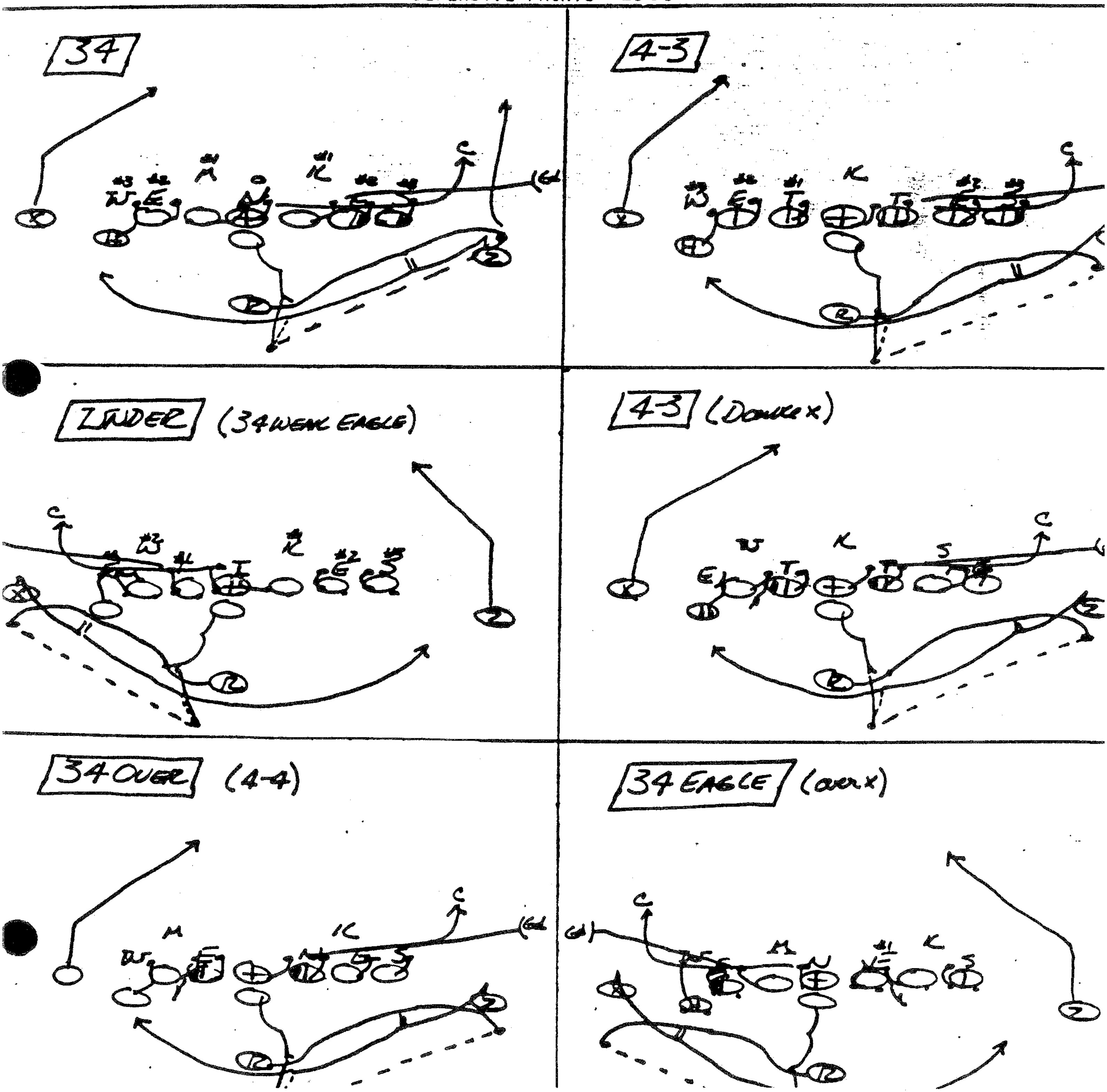
OFF T - MAN BLOCKING - #2 - Same as Pass Play 60-70 OUTSIDE. If #2 is a down lineman, drive on his inside number - HIGH PRESSURE CONTROL TECHNIQUE! If #2 is a linebacker - drive hard to the hip of the defender aligned on the guard - hinge back if no one is coming into your area!

PROTECTION

60-70 OUTSIDE - REVERSE PASS SCREEN TO "R"

This is a SPECIAL SCREEN that will be thrown by Quarterback after faking the WIDE REVERSE to "Z" or "X"! It is important that the offensive line give the defense a RUN READ. This is a SLOW SCREEN - at least 3 counts on this particular screen!

DEFENSIVE FRONTS -1986



PASSING GAME

PROTECTION

60-70 OUTSIDE - REVERSE PASS SCREEN TO "R"

RULES - TECHNIQUES - COACHING POINTS

NOTE: This is a SLOW SCREEN - meaning that we will have to block 3 FULL COUNTS before releasing into the screen. Need to hold your block a little longer because we are faking WIDE REVERSE ACTION !

C - MAN BLOCKING - "0" - Same as Play Pass 60-70 Outside - Block 3 Full counts - Release flat down the LOS - If you are the first man in the screen you have the FORCE MAN. If you are the second man (trailing the onside guard) - you are a personal escort for the ball carrier - BLOCK 1st SUPPORT !

ON G - MAN BLOCKING - #1 - Same as Play Pass 60-70 OUTSIDE. Block 3 Full counts - release flat down the LOS - If you are the first man in the screen you have the FORCE MAN. If you are the second man (trailing the center) - you are a personal escort for the ball carrier - BLOCK 1st SUPPORT !

ON T - MAN BLOCKING - #2 - Same as Play Pass 60-70 OUTSIDE. If #2 is a down lineman, read his alignment - if outside eye or shoulder (5 TECHNIQUE) - drive on outside number - if head up or inside eye (4 or 4-I TECHNIQUE) - block under the chin - HIGH PRESSURE CONTROL TECHNIQUE! If #2 is a linebacker - drive hard to the hip of the defender aligned on the TIGHT END - be alert for LBer coming underneath you! Hinge back if no one coming into your area!

OFF G - MAN BLOCKING - #1 - Same as Play Pass 60-70 OUTSIDE. If #1 is a linebacker - drive hard to the hip of the nose/tackle - would like for you to maintain this block - If he is working towards point of attack you would be involved in the screen principles - BLOCK 1st SUPPORT ! If covered by a down lineman, drive on his inside number - HIGH PRESSURE CONTROL TECHNIQUE!

OFF T - MAN BLOCKING - #2 - Same as Play Pass 60-70 OUTSIDE. If #2 is a down lineman, drive on his inside number - HIGH PRESSURE CONTROL TECHNIQUE! If #2 is a linebacker - drive hard to the hip of the defender aligned on the guard - hinge back if no one is coming into your area!

PASS PROTECTION TERMS AND CALLS

TERMS:

DUAL READ:	Used by Center/Guard on certain protections. Check the LBer over--if he does not rush, check the outside Backer to the side or widest defender. Note: Used on Scat, Scram and Flash/Lighting protections.
BIG DUAL:	Used by Tackle on certain protections. Check the LBer over--if he does not rush, block the first outside rusher. Note: Used on Scat and Scram protections.
AGGRESSIVE:	3-step drop by QB. Line use rules that apply to all particular protection--but, take your blocking responsibility on at the LOS. Be aggressive at the LOS. Do not give ground.
CHECK SEARCH:	Backs check their blocking responsibility for a blitz. If their blocking responsibility does not blitz, help on the most dangerous rusher. Be alert for solid alignments and 3-man stunts.
FORCE:	Pre-snap call made by the Offensive Tackle when he and the Guard are covered by down-linemen and there is a defender aligned on the LOS outside.
OX/DELAY OX:	Pass rush maneuver involving a Wide End and a Wide Buck.

CALLS:

ORANGE:	Response call made by Left Guard to alert Center he is uncovered and popping off the LOS.
YELLOW:	Response call made by Right Guard to alert Center he is uncovered and popping off the LOS.
HOLE:	Call made by Center to alert offensive team that he is covered by a down Lineman or a Linebacker.
RAY-LENNY	Directional call given by Center to alert alignment of Mac if not in Zero area.
RAM-LION	Pre-snap call to alert to Zone off their blocking responsibilities. They will set to the right on Ram / left on Lion and block any defender coming into that area (both Guards and Center).

SLIDE:	Pre-snap call whereby three or more more adjacent Offensive Linemen will zone off their blocking responsibilities (vs. solid fronts).
SWOOP:	Call that can be made by the Guard/Tackle/TE/H Back when an overload or blitz is being executed inside by the defense. Each Strongside Lineman will set inside towards the ball and block any defender rushing into their area. Note: Swoop can be used on Scram, Robert-Larry and Flash-Lightning Pass Pro. Note: Swoop vs. Blow and Safety Blitzes in regular and Nickel defenses.
FAN:	Big on Big. Guard's first man on LOS. Tackle's second man on LOS. Note: Fan Call alerts R Back to block Inside Linebacker.
HARD:	Call made by Guard/Center to alert R Back to swap blocking assignments vs. pre-set blow blitz. Note: Can be used vs. DBL Blow.
HARD ORANGE/ YELLOW:	Call made by Guard to alert Center and R Back to swap blocking assignments vs. pre-set Solid M Blow.
SOFT:	Call and technique used by Offside Tackle vs. pre-set Safety Blitz in Divide Gap.
IN:	Call by Onside Tackle to alert Guard threat or pre-set Backer blitz in onside blow gap when Onside Guard is covered by a down Lineman.
ONE BACKER:	Call made by Center to alert R Back to block inside in Nickel defense.
EVEN:	Call made by Center to alert that he is covered by a Linebacker.
ODD:	Call made by Center to alert that he is covered by a down Lineman.
SOLID:	Call to alert offensive team that both Guards and Center are covered.
SOLID-DUBS	Call to alert offensive team that both Guards and Center are covered with two Outside Linebackers on LOS.
SOLID-DUBS FIST:	Call to alert offensive team that both Guards and Center are covered with two Outside Linebackers on LOS and S/S in well (weakside Colt position).

SPECIAL PASS PROTECTIONS:

RIP-LIZ: (vs 3-4 Defense)

Back checks Linebacker over the Guard for a blitz. IF LBer doesn't rush, release into pattern. If LBer does rush, check outside LBer before releasing into pattern. Guard has dual read.

NOTE: This protection only pertains to a 3-4 defensive look.

ROBERT-LARRY

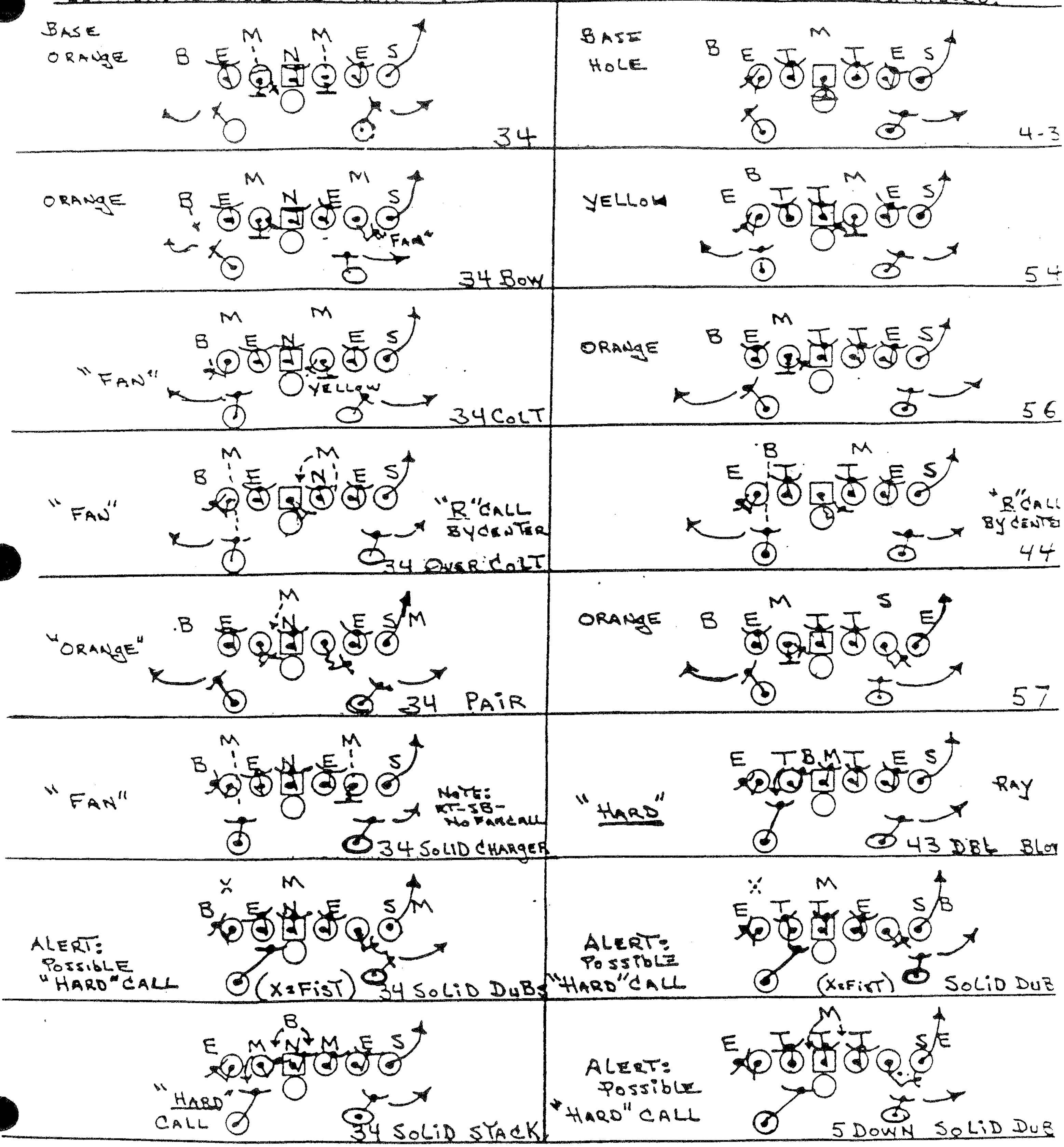
Blitz pass protection given in huddle for max protection. Used in situations when we are expecting a blitz (4 weak blitz). The call by the Center, Robert (Right), Larry (Left), will confirm that Max pro is on--any other call by the Center will revert back to base pro rules. No blitz alignment--base calls revert back to formation (strong) side.

FLASH/LIGHTNING

Protection designed to get R Back out if defense does not show threat of 4 rush to weakside. Backside (formation side) has same responsibilities as Robert/Larry. If 4 defenders weakside, R Back blocks #4. Wide Receiver and QB have no break-offs. Note: Exceptions for R Back vs. Solid and base fronts.

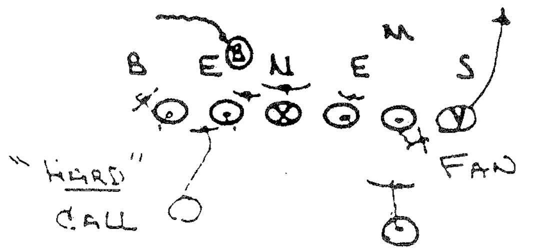
BASE PROTECTION (2 BACKS)

DROPBACK PROTECTION. BOTH BACKS WILL BE GIVEN A BLOCKING RESPONSIBILITY.
THE ONSIDE IN THIS PROTECTION IS THE FORMATION CALLSIDE (RIGHT-LEFT)
BOTH BACKS ALERT TO "FAN" CALL TO THEIR SIDE VS. SINK END.
BACK AWAY FROM CALLSIDE ALERT FOR "HARD" CALL VS. 43 DBL BLOW; SOLID DUBS; 34 SOLID STAC[K]
BOTH BACKS CHECK IS FROM INSIDE OUT—CHECK BACKER AND RUN ROUTE CALLED.



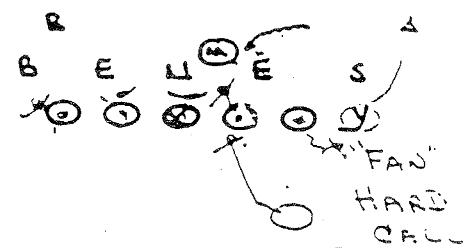
BASE PROTECTION – 2 BACKS vs SOLID FRONTS – DOGS/BLITZES

CALL:



SOLID/CHARGER – BUCK BLOW

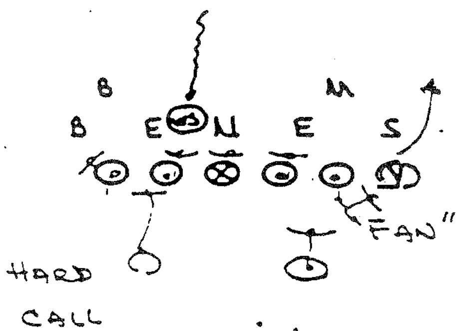
CALL:



NOTE: POSSIBLE ... CALL IF NO FAN

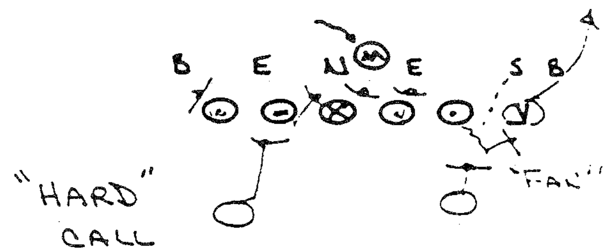
SOLID / CHARGER – MA BLOW

CALL:



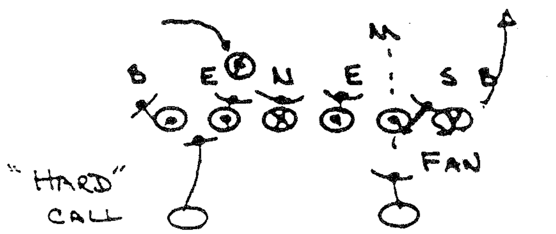
SOLID/CHARGER – WS BLOW

CALL:



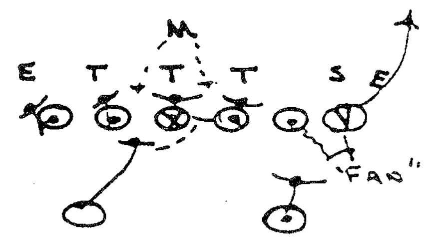
SOLID/DUB^3 – MA BLOW

CALL:



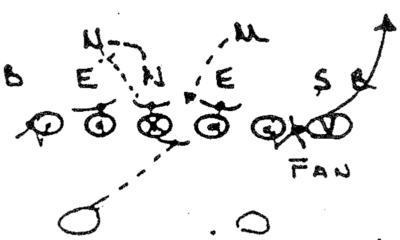
SOLID/DUB^4/FIST – FIST BLOW

CALL:



5 DOWN SOLID – BIG DUB^3

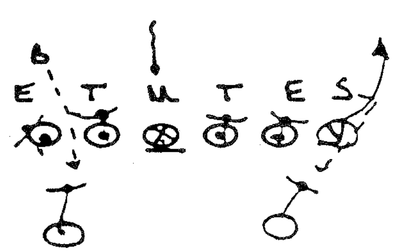
CALL:



NOTE:
CENTER – MARRIED TO NT ON OR OFF L.O.S.
"R" – IS MARRIED TO MAC

SOLID (STACK) DUB^6

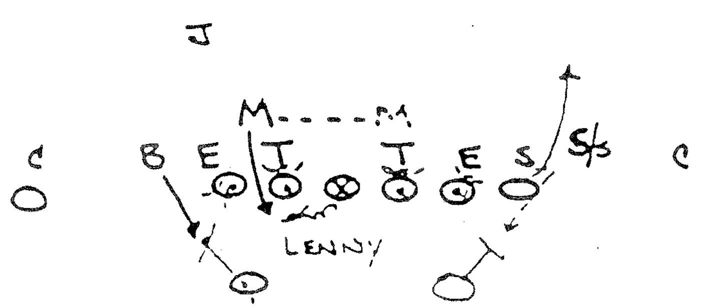
CALL:



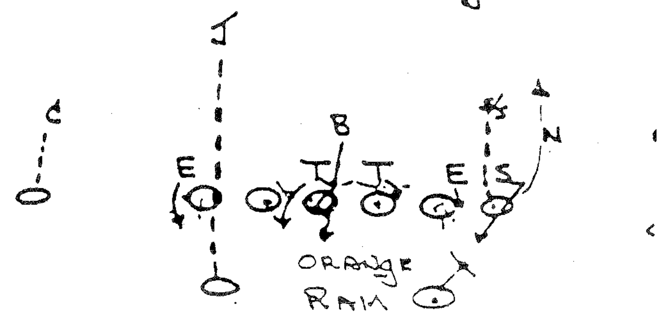
4-3 COLT – MA BLUE

WASH PRO - 2 BACKS PASS PROTECTION VS BLITZES

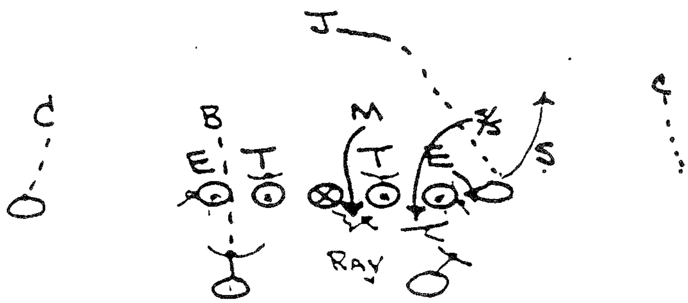
EVEN 4-3 LW 4WK Dog



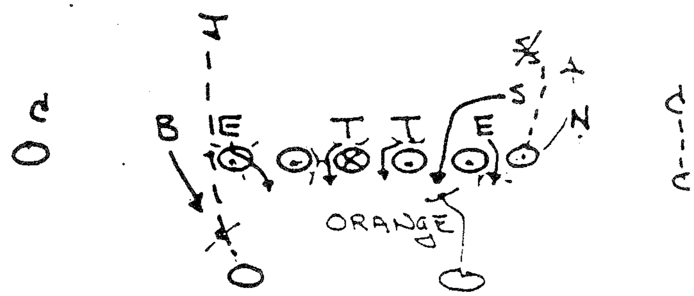
OVER 43 NKL LS 4ST Dog



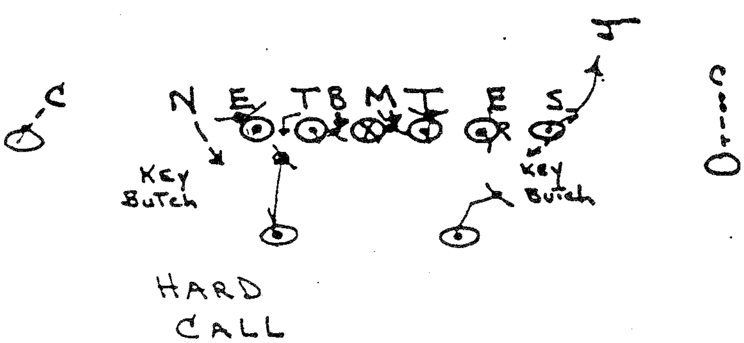
EVEN 4-3 NKL LS 4ST Dog



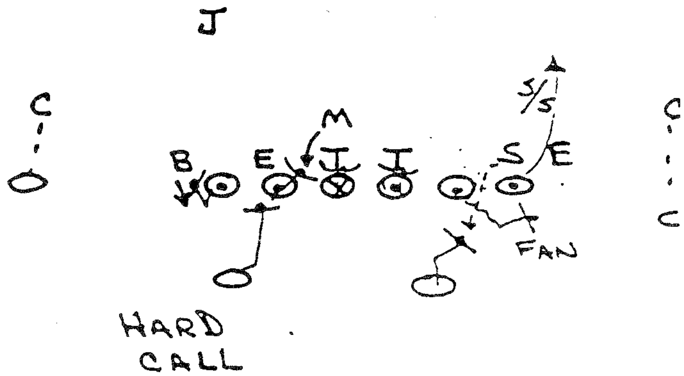
OVER 43 NKL LS MC DIVIDE Bi Dog



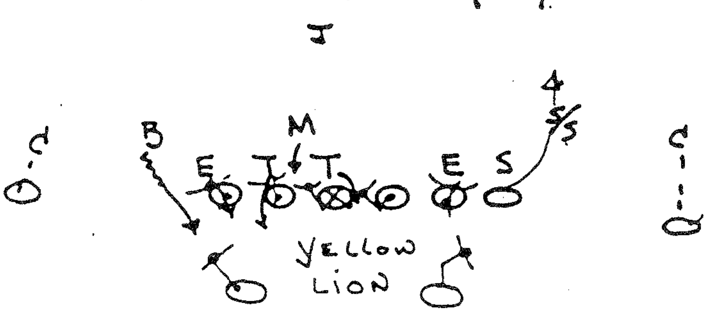
JEN 44 NKL LW-LS 4W-S BLOW KEY



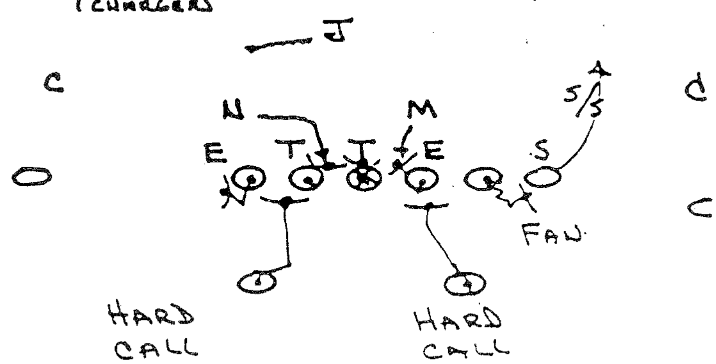
4-3 SOLID (BIG DOG) MC i BK i Dog



UNDER 4-3 NKL LW 4WK Dog KEY



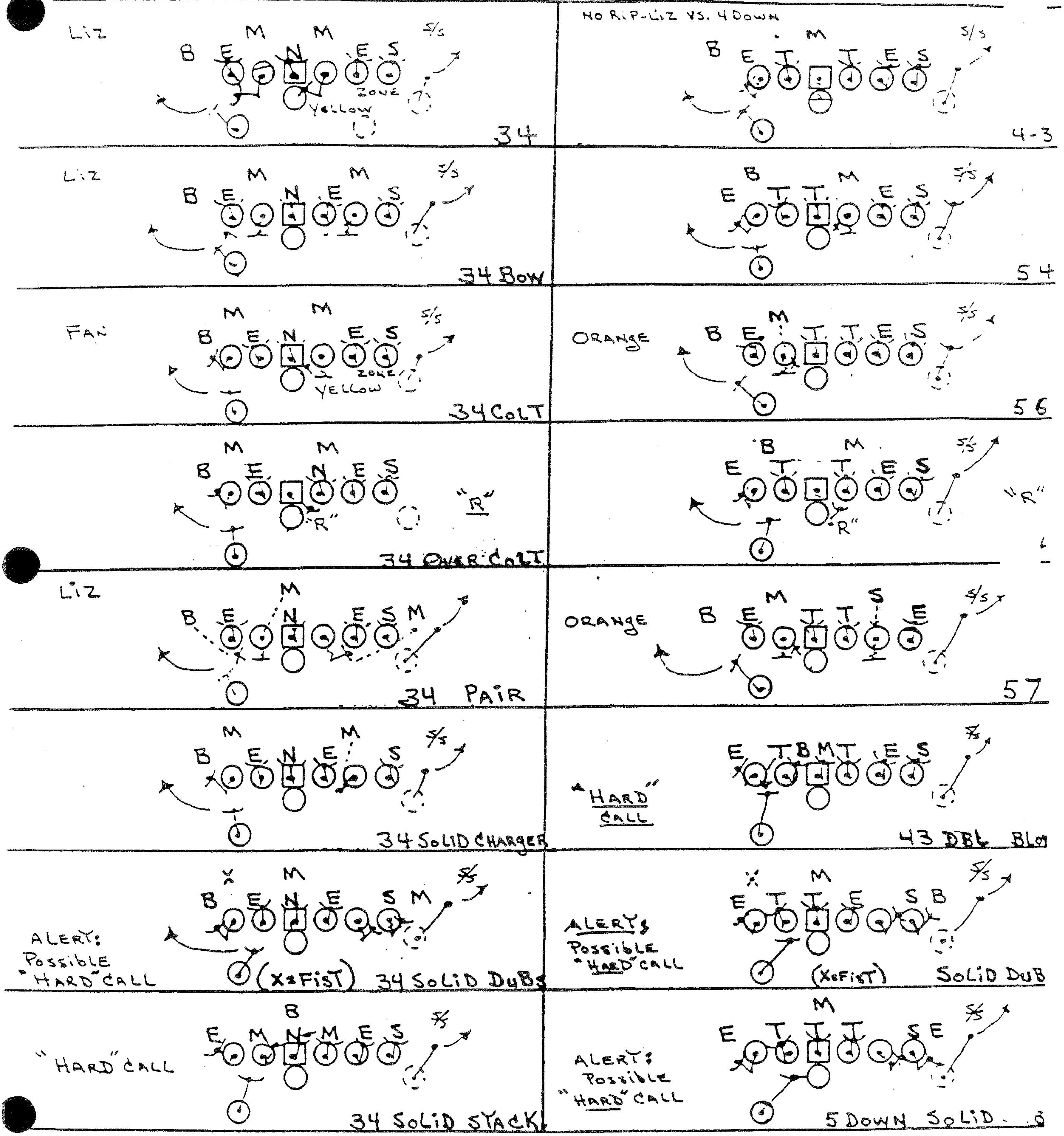
4-3 SOLID (CHARGER) MC i N i Dog



NOTE: POSSIBLE IN IF NO FAN.

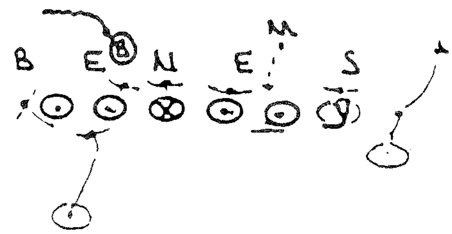
OH PROTECTION

DROPBACK PROTECTION: OUR TE AND R BACK WILL BE GIVEN A BLOCKING RESPONSIBILITY. THE ONSIDE IN THIS PROTECTION IS THE FORMATION CALL SIDE (RT.-LT.) ALERT RIP-LIZ CALL VS. 34 DEF. R BACK ALERT "FAN" CALL VS. SINK END. ALERT SOLID DUBS. ALERT HARD CALL. TE/TACKLE ALERT ZONE PRO
H-SS BLITZ CHECK



OH PROTECTION vs SOLID FRONTS - DOGS/BLITZES

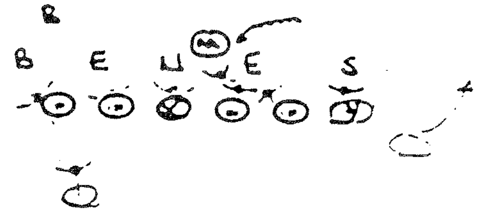
CALL:



HARD CALL

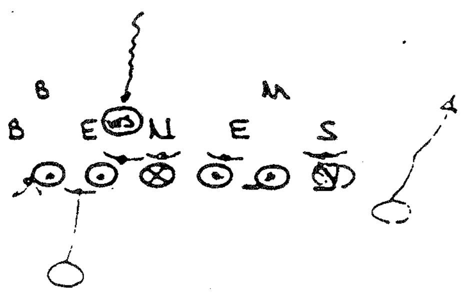
SOLID/CHARGER - BUCK BLOW

CALL:



SOLID / CHARGER - MA BLOW

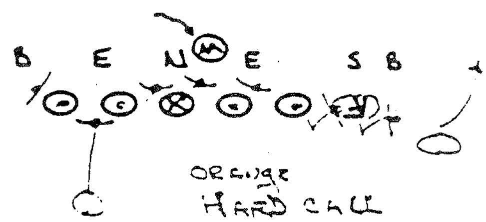
CALL:



HARD CALL.

SOLID/CHARGER - WS BLOW

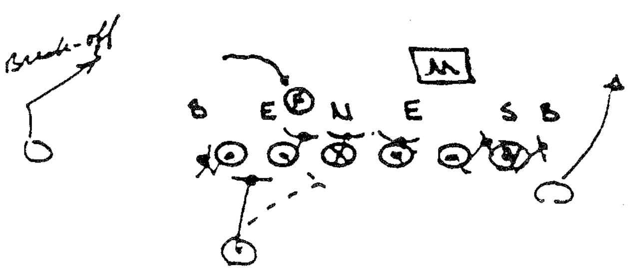
CALL:



ORANGE
HARD CALL

SOLID/DUB'S - MA BLOW

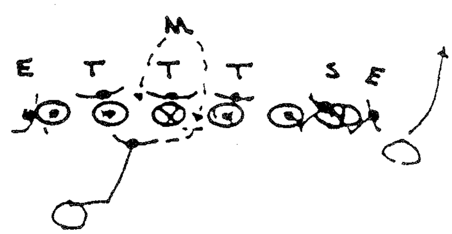
CALL:



HARD CALL

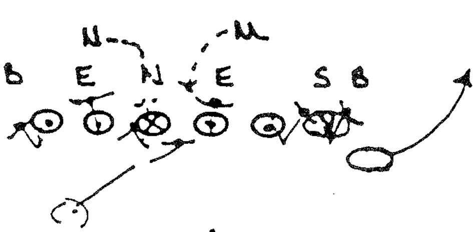
SOLID/DUB'S/FIST - FIST BLOW

CALL:



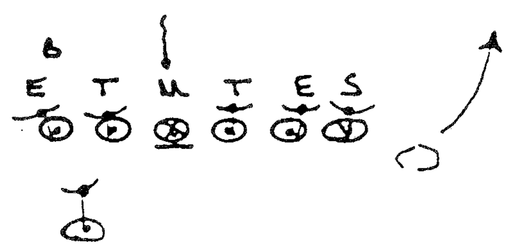
5 DOWN SOLID - BIG DUB'S

CALL:



SOLID (STACK) DUB'S

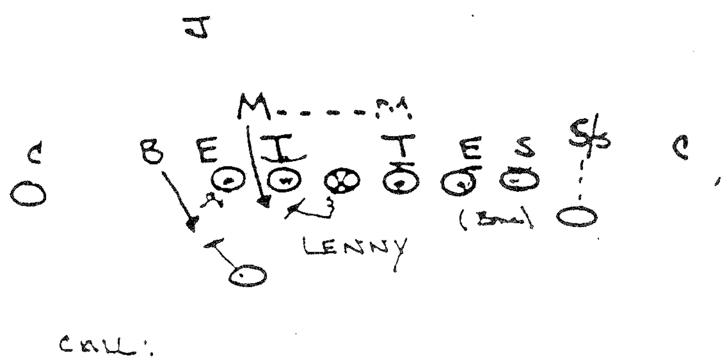
CALL:



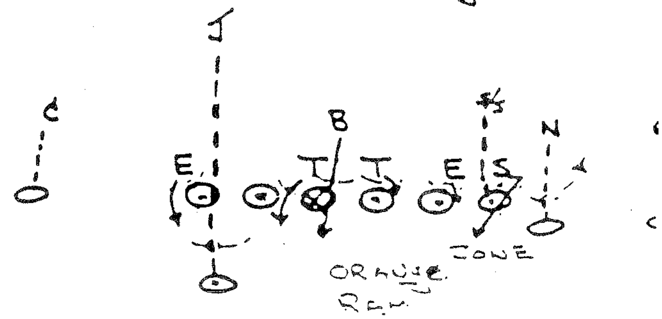
4-3 COLT - MA MUG

OH — PASS PROTECTION VS NICKEL BLITZES

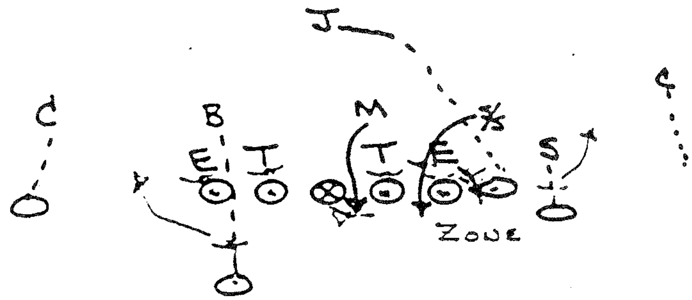
EVEN 4-3 LW 4WK Dog



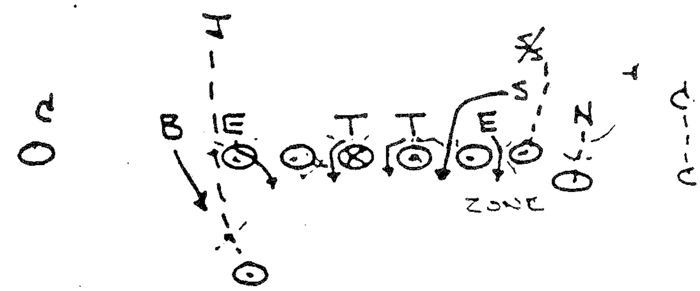
OVER 43 NKL LS 4ST Dog



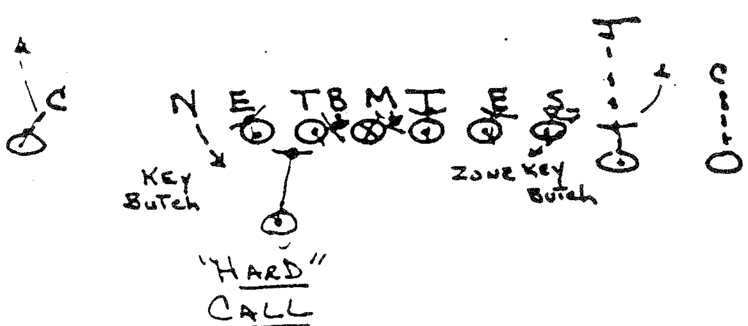
EVEN 4-3NKL LS 4ST Dog



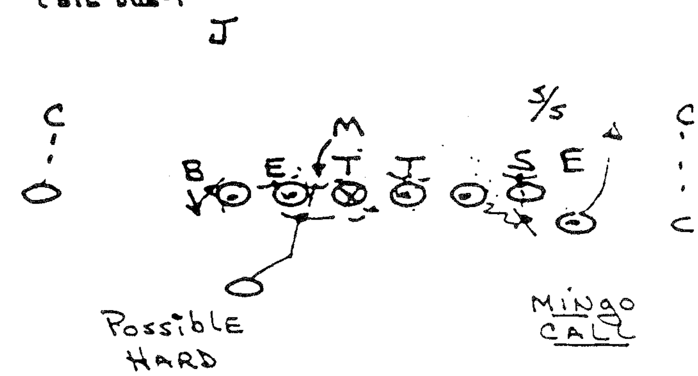
OVER 43 NKL LS MC DIVIDE Bi Dog



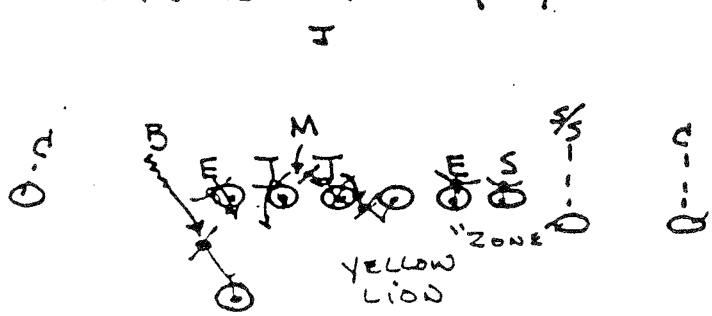
JEN 44 NKL LW-LS 4W-S BLOW KEY



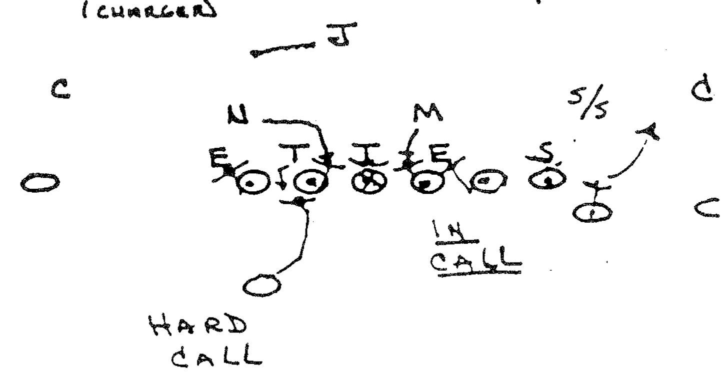
4-3 SOLID (BIG DUB'S) MCi BKi Dog



UNDER 4-3NKL LW 4WK Dog KEY

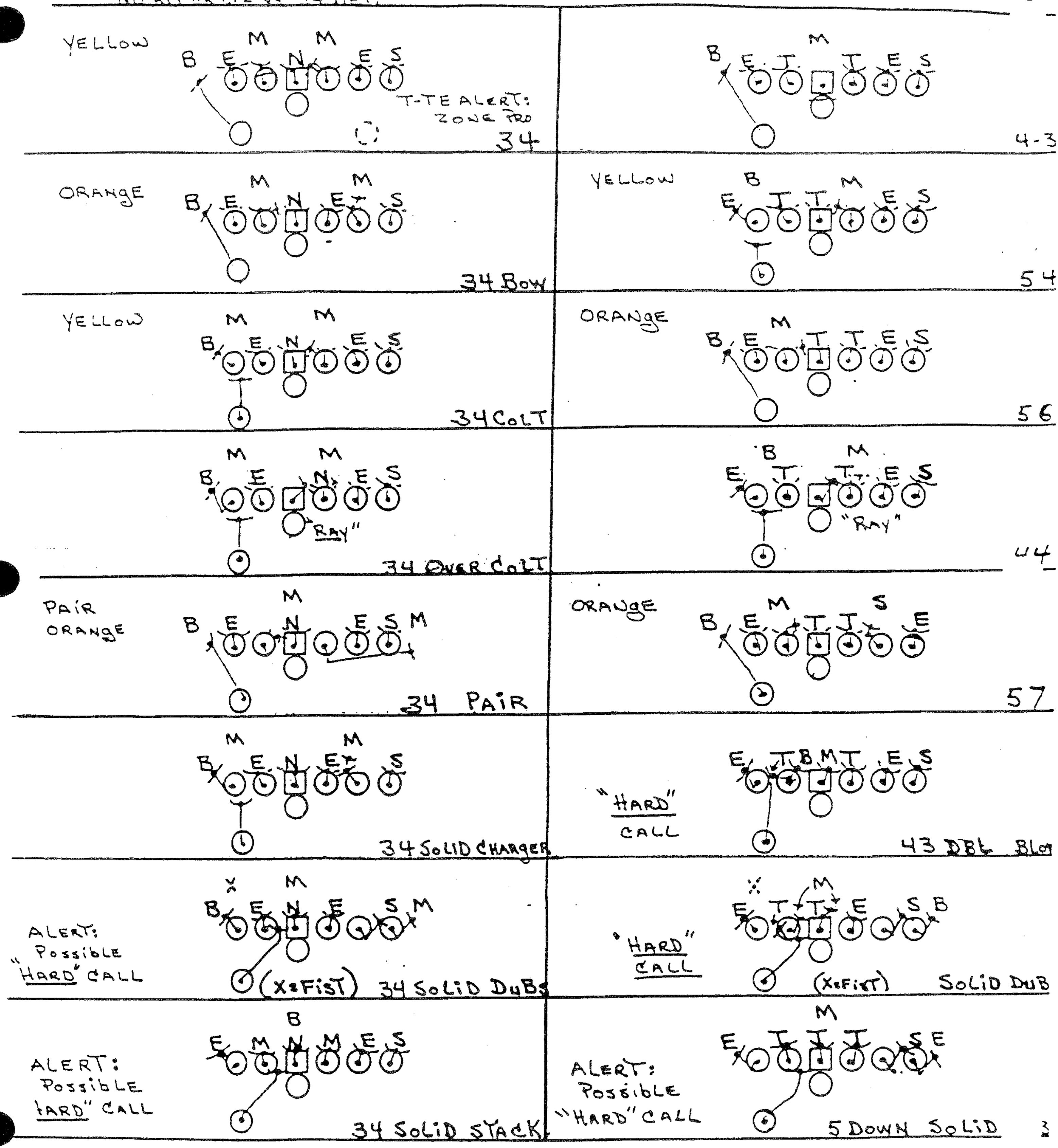


4-3 SOLID (CHARGER) MCi N i Dog

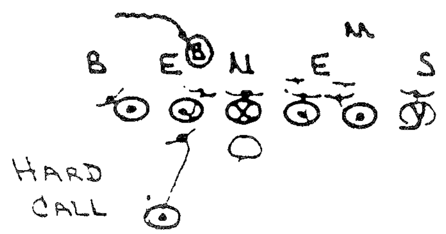


Hi-Lo Hitch Protection (12-13)

Aggressive Dropback Protection. 3 step drop by QB. The onside in this protection is the formation call side. Hi = Right ; Lo = Left - gives direction of back or backs. R back alert "Fan" call vs sink end. Alert solid dubs. Alert "Hard" call. TE/Tackle alert aggressive zone. No Rip or Liz vs 34 Def.

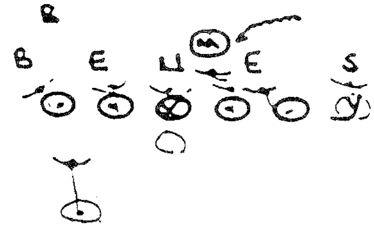


CALL:



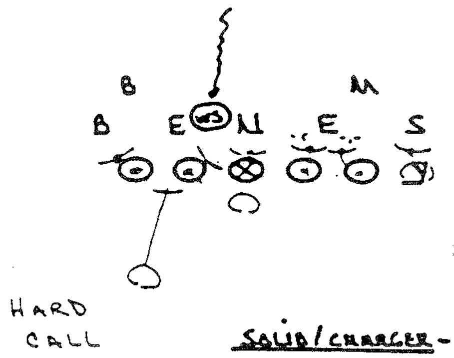
SOLID/CHARGER - BUCK BLOW

CALL:



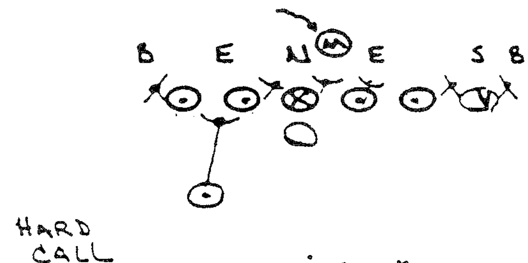
SOLID/CHARGER - MA BLOW

CALL:



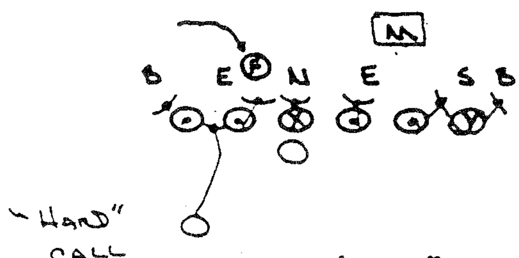
SOLID/CHARGER - WS BLOW

CALL:



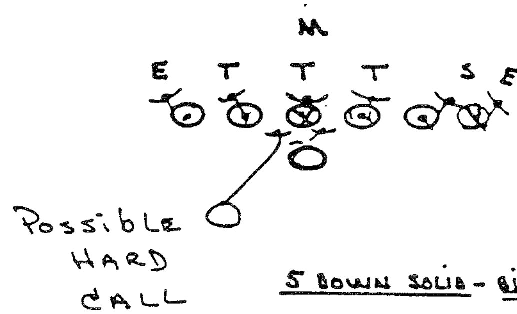
SOLID/DUB'S - MA BLOW

CALL:



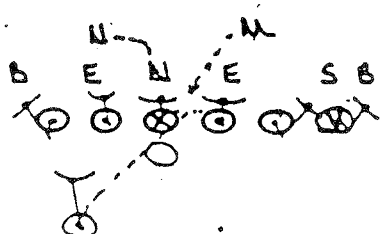
SOLID/DUB'S/FIST - FIST BLOW

CALL:



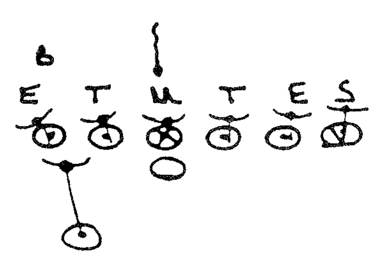
5 DOWN SOLID - BIG DUB'S

CALL:



SOLID (STACK) DUB'S

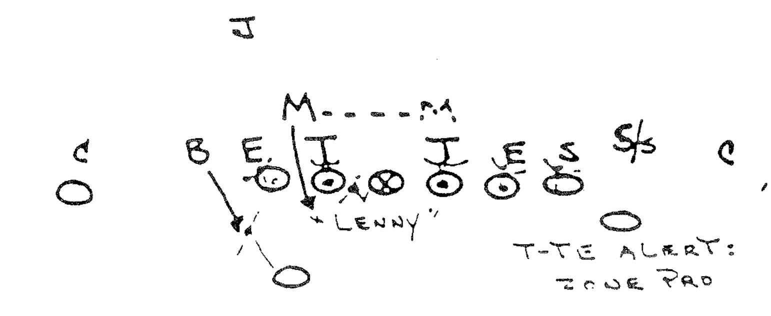
CALL:



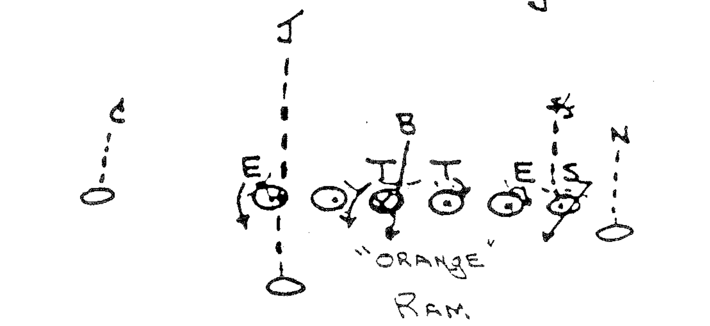
4-3 COLT - MA MUG

Hi-Lo Hitch Pro — PASS PROTECTION VS NICKEL BLITZES

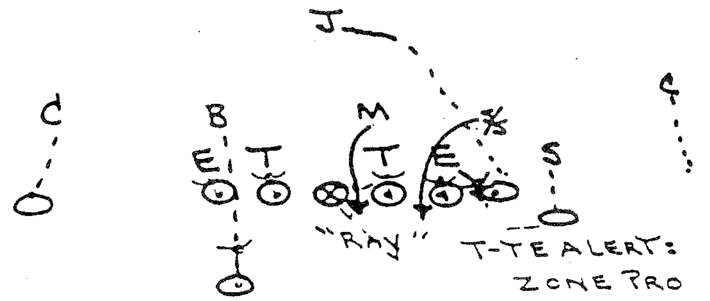
EVEN 4-3 LW 4WK Dog



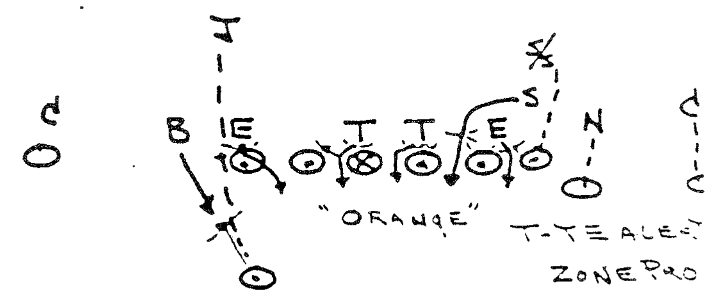
OVER 43 NKL LS 4ST Dog



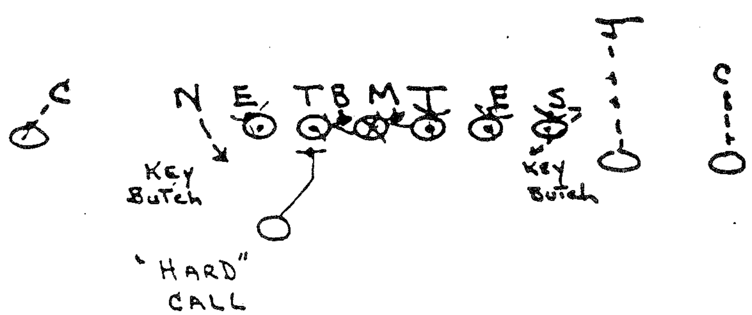
EVEN 4-3 NKL LS 4ST Dog



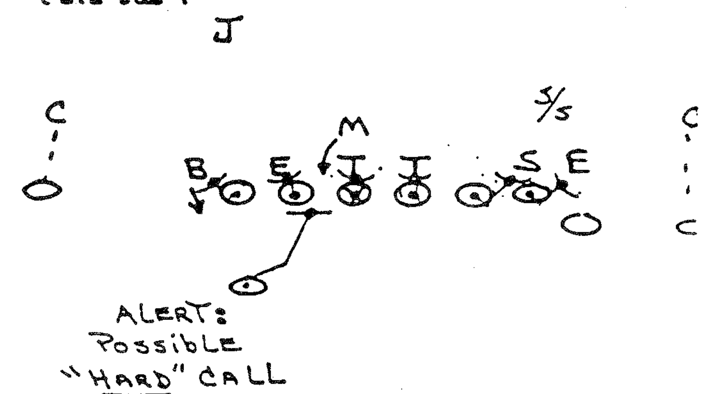
OVER 43 NKL LS MC DIVIDE Bi Dog



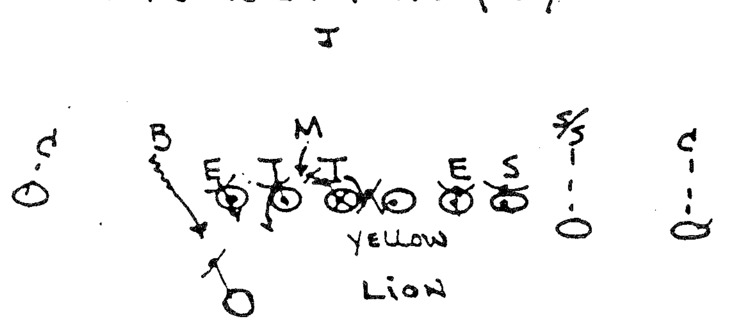
EVEN 44 NKL LW-LS 4W-S BLOW KEY



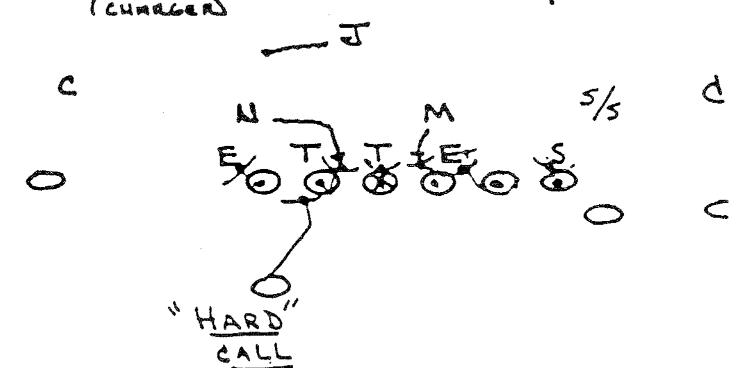
4-3 SOLID (BIG DUB'S) MCi BKi Dog



UNDER 4-3 NKL LW 4WK Dog KEY

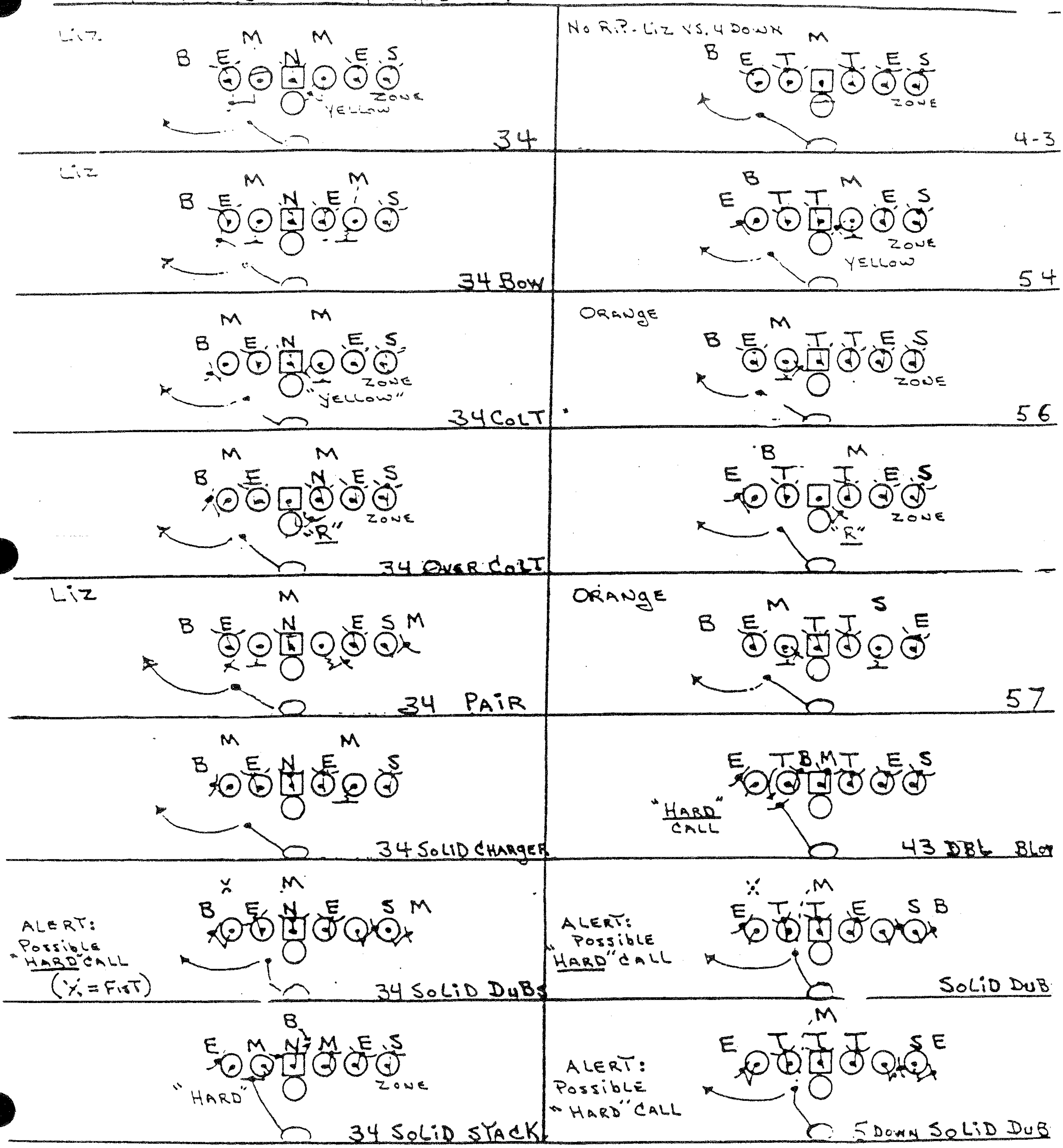


4-3 SOLID (CHARGER) MCi N i Dog



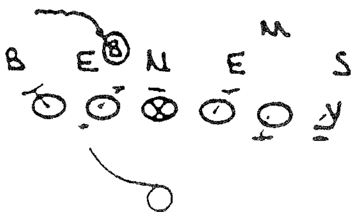
HI-LO PROTECTION

DROPBACK PROTECTION: THE ONSIDE IN THIS PROTECTION IS THE FORMATION CALL SIDE. HI = RIGHT; LO = LEFT GIVES DIRECTION OF BACK OR BACKS.
ALERT RIP-LIZ CALL VS. 34 DEF. RIP/LIZ ONLY USED VS 34 DEF.
R BACK - ALERT - FAN CALL VS. SINK END. ALERT SOLID DUBS. ALERT "HARD" CALL.
TE/TACKLE - SLOT ZONE ...



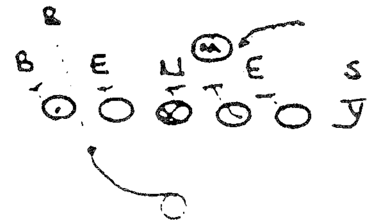
Hi / Lo vs SOLID FRONTS - DOGS/BLITZES

CALL: HARD
OT/TE ck zone



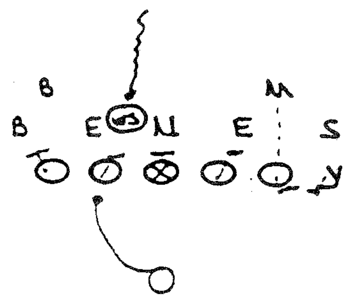
SOLID/CHARGER - Buck Blow

CALL: IN
FUN



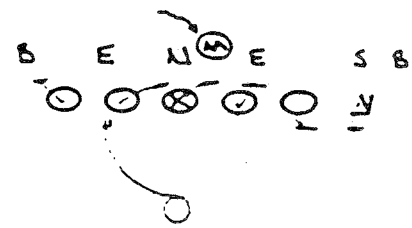
SOLID/CHARGER - MA BLOW

CALL: HARD
OT/TE ck zone



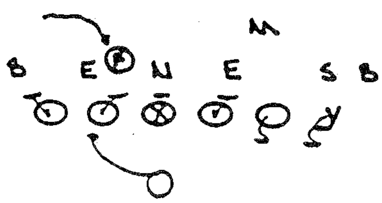
SOLID/CHARGER - WS BLOW

CALL: HARD ORANGE
ck. Zone



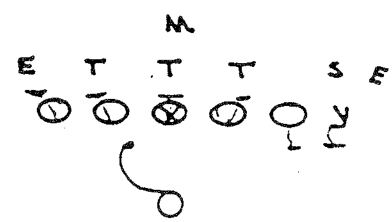
SOLID/DUB's - MA BLOW

CALL: HARD (Break-off on X)
ck. Zone



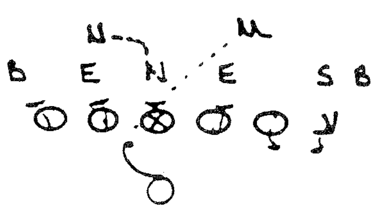
SOLID/DUB's/FIST - FIST BLOW

CALL: FAN
ck Zone



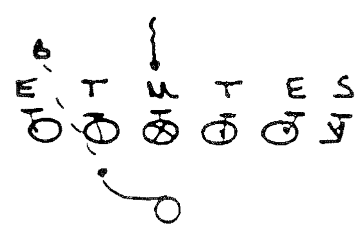
5 DOWN SOLID - BIG DUB's

CALL: FAN
ck Zone



SOLID (STACK) DUB's

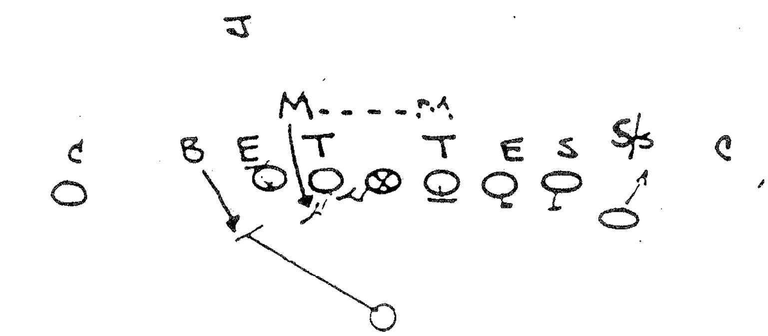
CALL: EVEN - MA MUG
ck. Zone



4-3 COLT - MA MUG

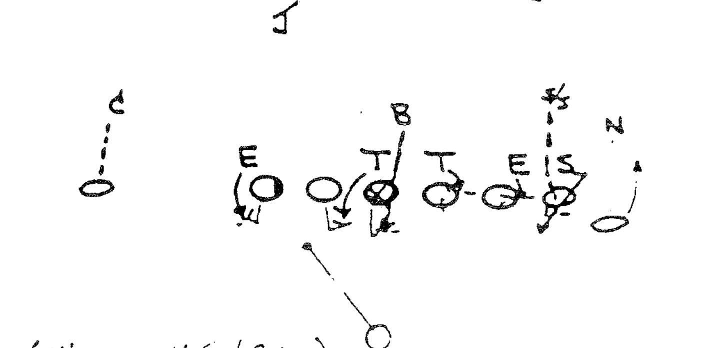
Hi / Lo Pass Protection vs Nickel Blitzes

EVEN 4-3 LW 4WK Dog



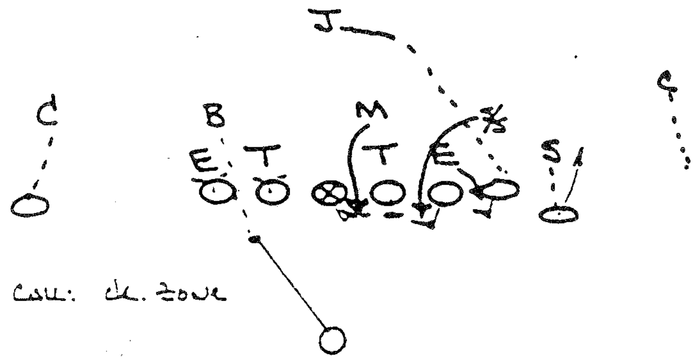
CALL: LANNY
ck Zone

OVER 43 NKL LS 4ST Dog



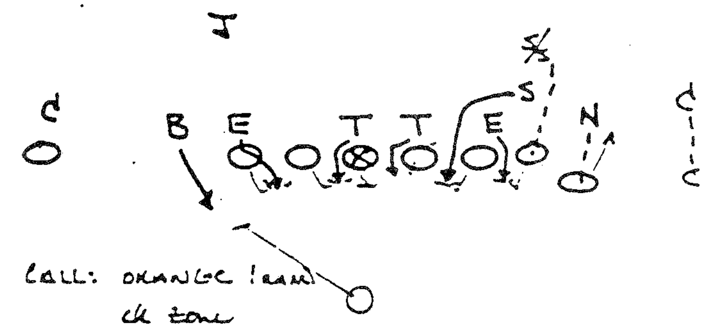
CALL: ORANGE (RAM)
ck Zone

EVEN 4-3NKL LS 4ST Dog



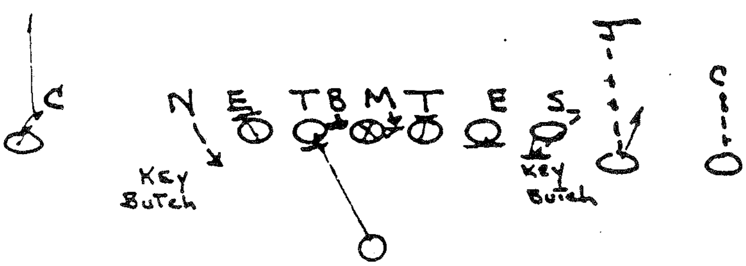
CALL: ck. Zone

OVER 43 NKL LS MC DIVIDE Bi Dog



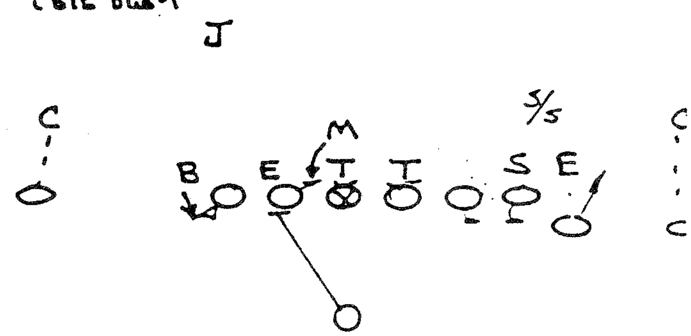
CALL: ORANGE (RAM)
ck Zone

JEN 44 NKL LW-LS 4W-S BLOW KEY



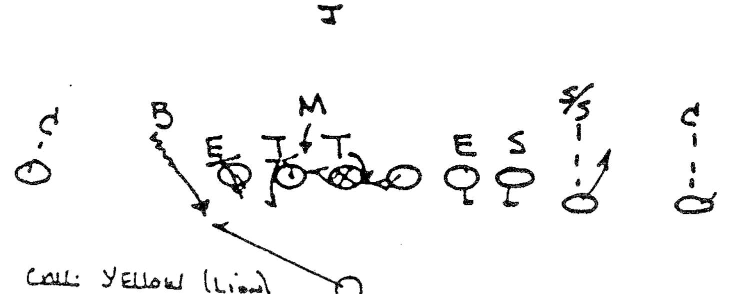
CALL: HARD
ck. Zone

4-3 SOLID (BIG DOG'S) MCi BKi Dog



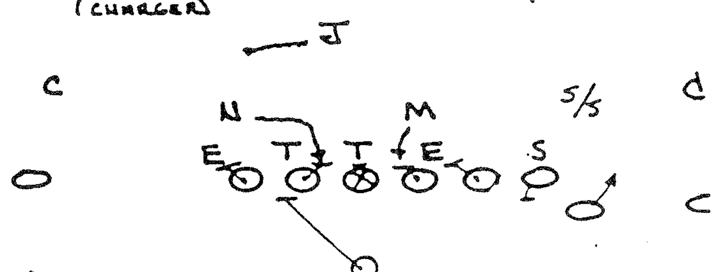
CALL: HARD
ck Zone

UNDER 4-3NKL LW 4WK Dog KEY



CALL: YELLOW (LION)
CK Zone

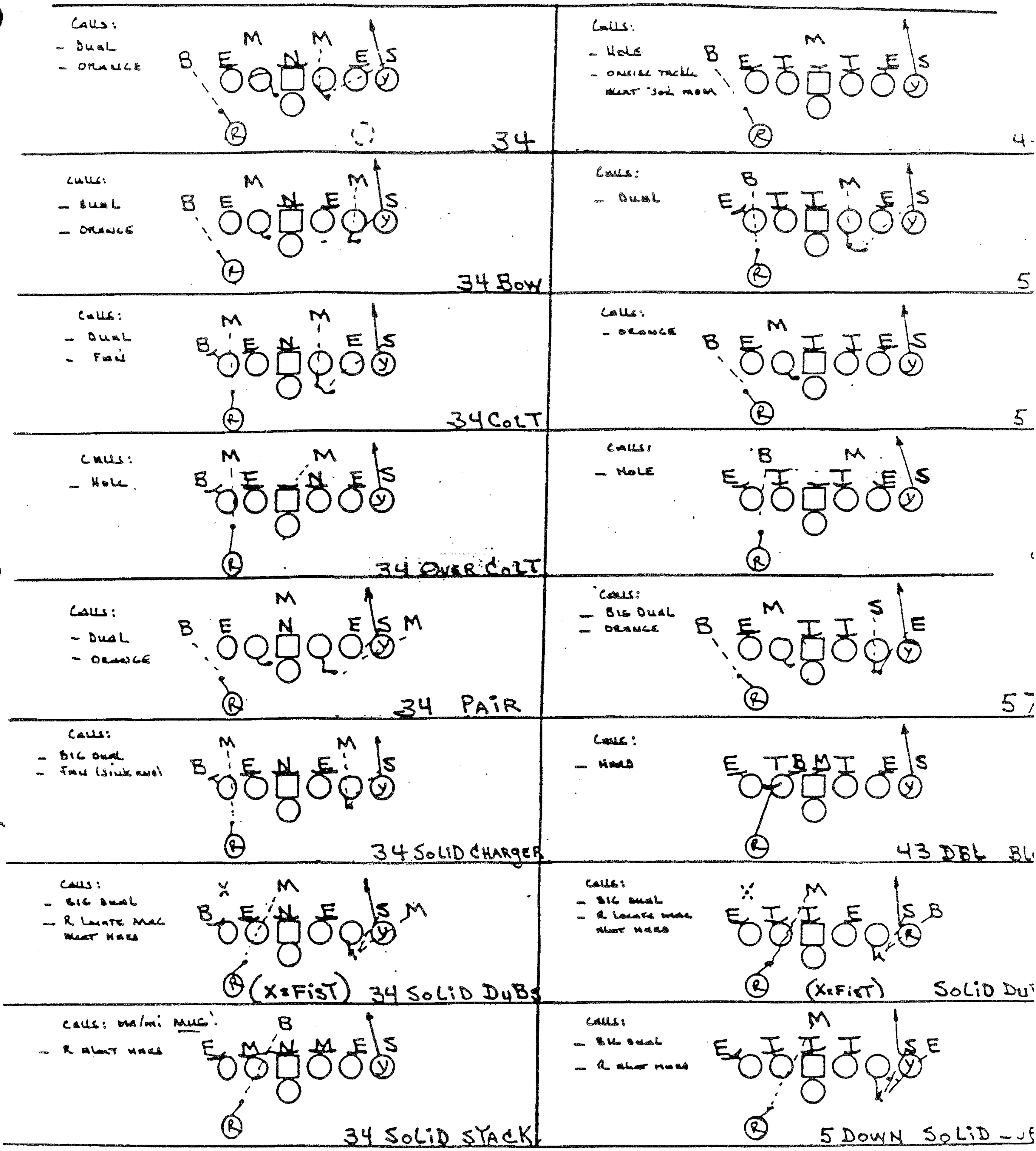
4-3 SOLID (CHARGER) MCi Ni Dog



CALL: IN
HARD

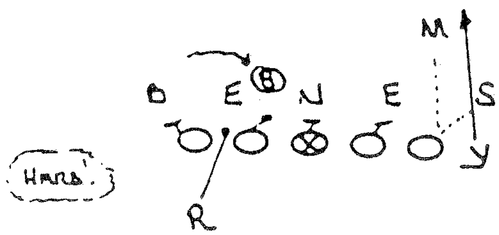
SCAT PROTEC

STRONGSIDE Pass Protection which ENABLES THREE RECEIVERS TO FREE Release WITH POSSIBLE Hot's (strongside) AND BREAKOFFS (weakside).



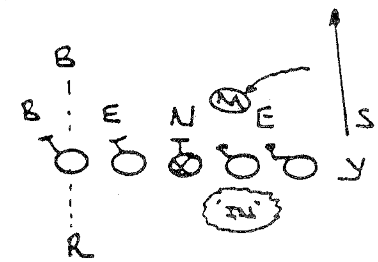
SCAT PROTECTION VS SOLID FRONTS – DOGS / BLITZES

CALL: OUTSIDE TACKLE DUAL
R / LT GUARD "HARD"



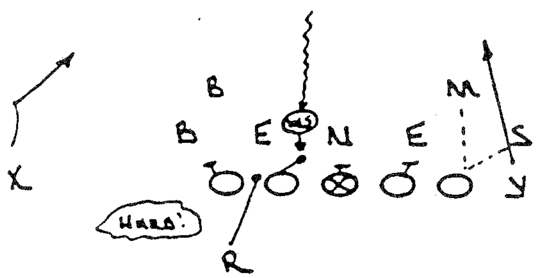
SOLID/CHARGER – BUCK BLOW

CALL: OUTSIDE TACKLE DUAL – "IN" (END)



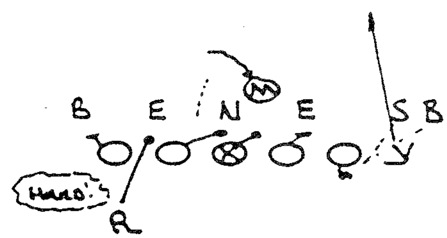
SOLID/CHARGER – MAC BLOW

CALL: OUTSIDE TACKLE DUAL
R / LT GUARD "HARD" (SAFETY PRIORITY)



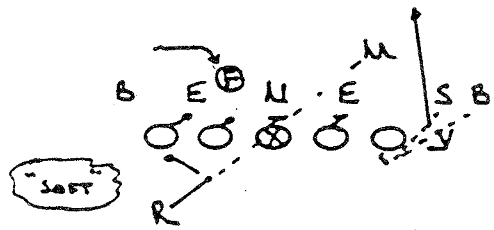
SOLID/CHARGER – WS BLOW

CALL: OUTSIDE TACKLE DUAL
R / LT GUARD "HARD"



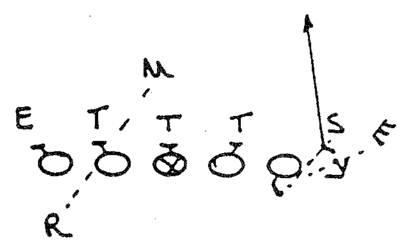
SOLID/DUB^3 – MAC – B...

CALL: OUTSIDE TACKLE DUAL
R – MAC TO OUTSIDE HIP TACKLE
LT / LT GUARD – "SOFT" (INSIDE GAP PRIORITY)



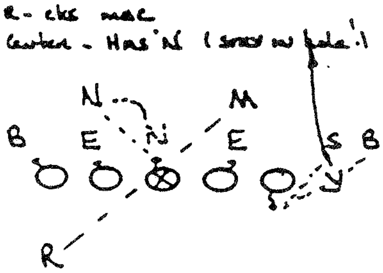
SOLID / DUB^3 / FIST – FIST BLOW

CALL: OUTSIDE TACKLE DUAL
R – CKS MAC (POSSIBLE – HARD)



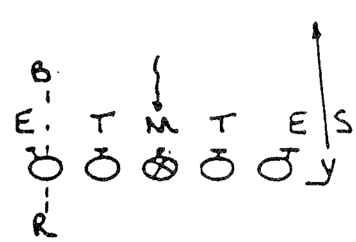
5 DOWN SOLID – BIG DUB^3

CALL: OUTSIDE TACKLE DUAL
R – CKS MAC
CENTER – HAS 'N' (STAY ON HOLE!)



SOLID (STACK) DUB'S

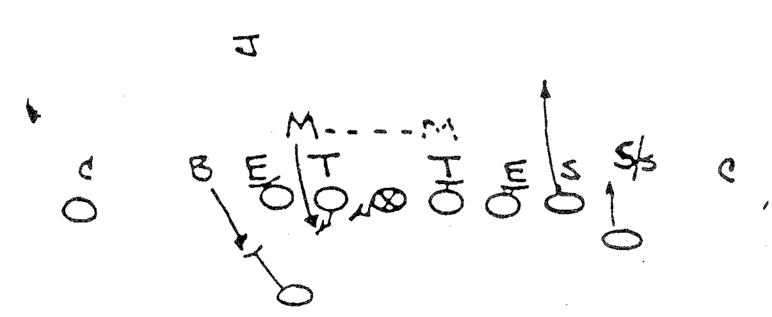
CALL: CENTER HOLE



4-3 COLT MAC MUG

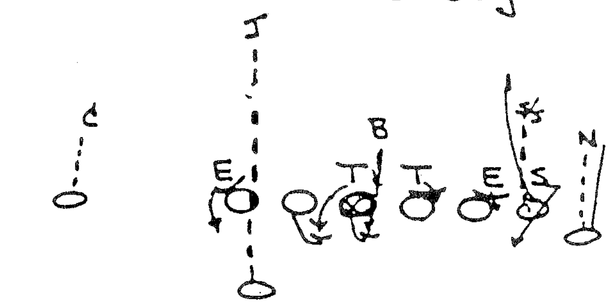
SCAT — PASS PROTECTION VS NICKEL-BLITZES

EVEN 4-3 LW 4WK Dog



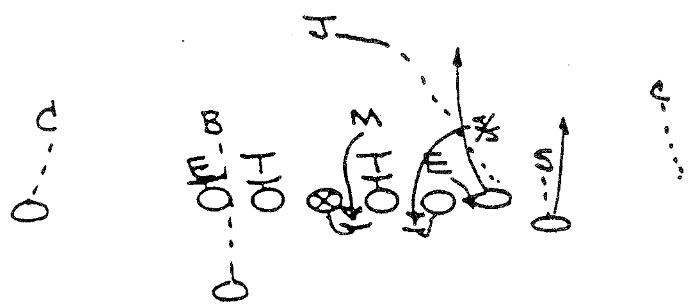
— HOLE
— (Possible Lenny)

OVER 43 NKL LS 4ST Dog



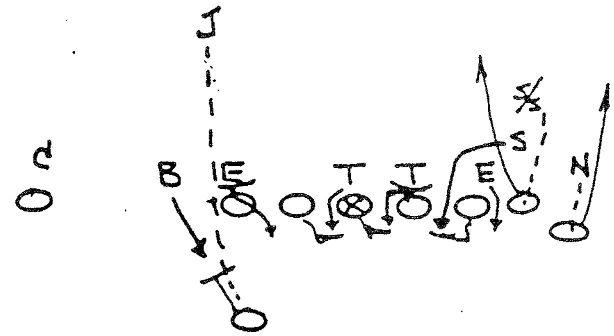
— ONE BACKER
— ORANGE

EVEN 4-3NKL LS 4ST Dog



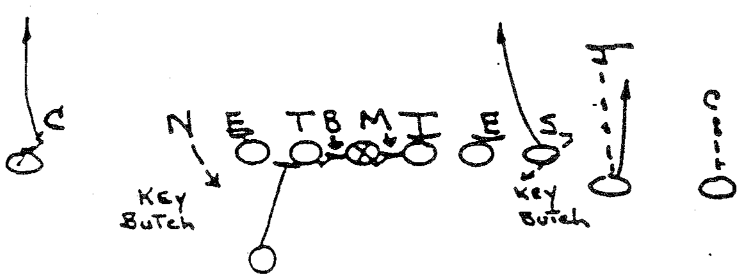
— HOLE
— OT - M.O.M.

OVER 43 NKL LS MC DIVIDE Bi Dog



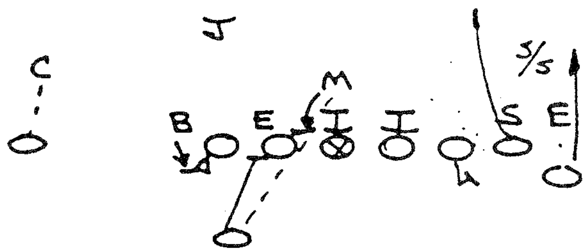
— ORANGE (Possible Hard)
— OT ALERT SOX M.O.M

EVEN 44 NKL LW-LS 4W-S BLOW KEY



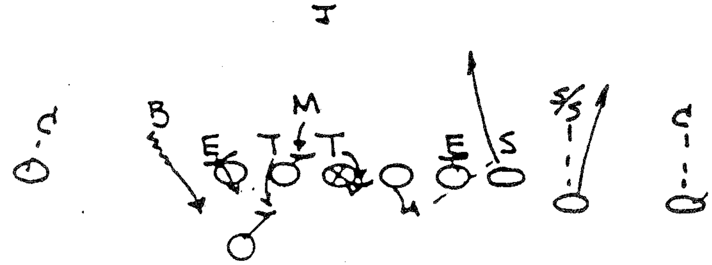
— HARD

4-3 SOLID (BIG DUB?) MC i BK i Dog



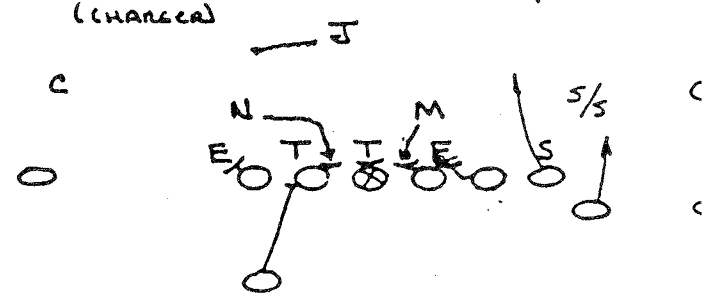
— BIG DUAL
— (ALERT - HARD)

UNDER 4-3NKL LW 4WK Dog KEY



— OG DUAL
— HARD

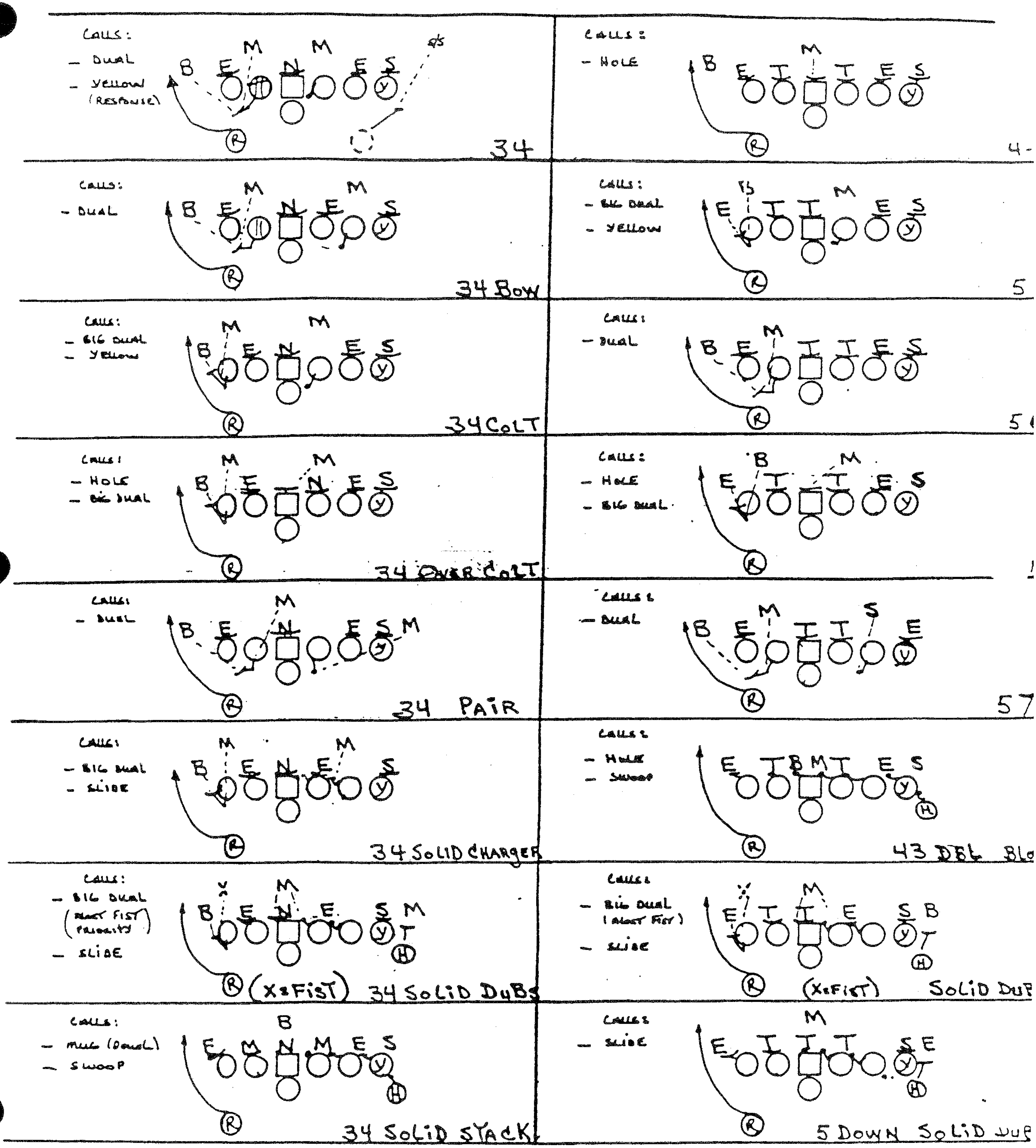
4-3 SOLID (CHARGER) MC i N i Dog



— BIG DUAL (ALERT "IN" - Possible SIGHT ADJ
— POSSIBLE HARD

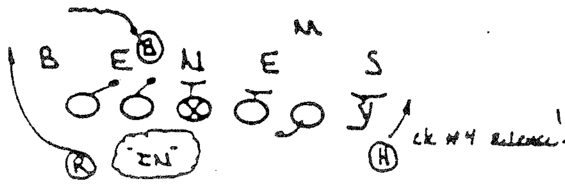
SCRAM PROTECTION

WEAKSIDE PASS PROTECTION WHICH ENABLES R BACK TO FREE RELEASE WITH POSSIBLE HOT'S AND WEAKSIDE BREAKOFFS. MAXIMUM STRONGSIDE (BACKSIDE) PROTECTION WITH NO BREAKOFFS FOR QB AND STRONGSIDE RECEIVERS.



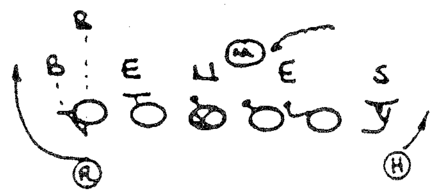
SCRAM Protection vs SOLID FRONTS - DOGS/BLITZES

CALL:
- BIG DUAL / "IN" (zone)
- SLIDE



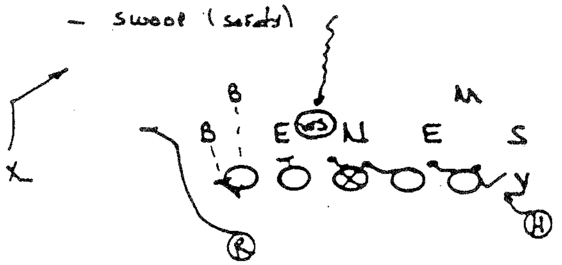
SOLID/CHARGER - Buck Blow

CALL:
- BIG DUAL
- SLIDE



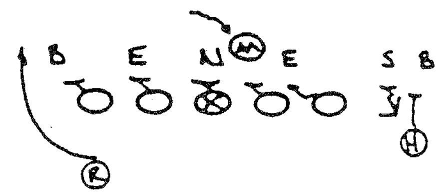
SOLID/CHARGER - MA. BLOW

CALL:
- BIG DUAL
- SWOOP (safety)



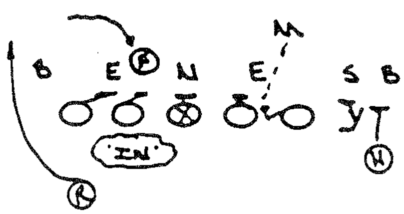
SOLID/CHARGER - WS BLOW

CALL:
- SLIDE



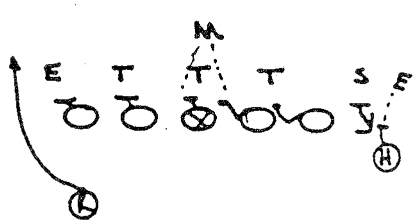
SOLID/DUB3 - MA BLOW

CALL:
- BIG DUAL / "IN" (zone)
- SLIDE



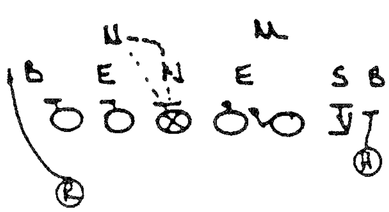
SOLID/DUB/FIST - FIST BLOW

CALL:
- SLIDE



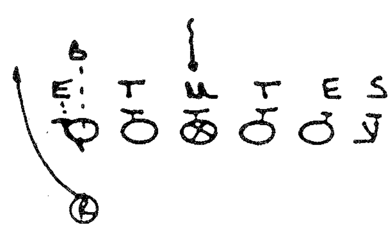
5 DOWN SOLID - BIG DUB3

CALL: Center treat Nose stack as solid!
- SLIDE



SOLID (STACK) DUB

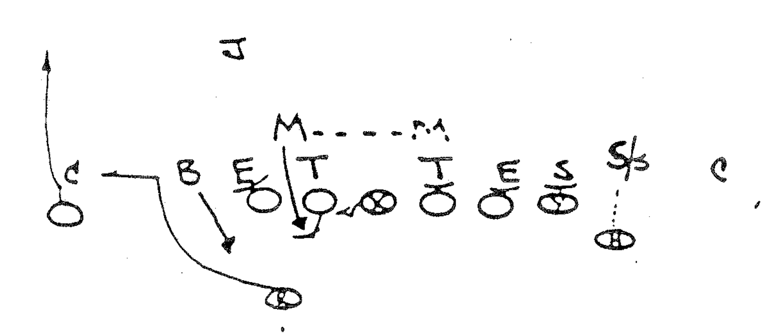
CALL:
- BIG DUAL



43 COLT - MG BLUE

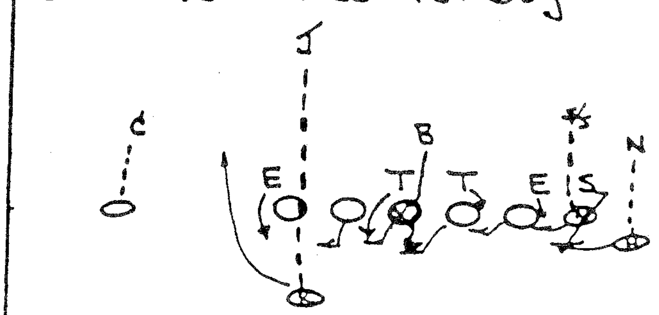
[illegible] – PASS PROTECTION V[illegible] BLITZES

EVEN 4-3 LW 4WK Dog



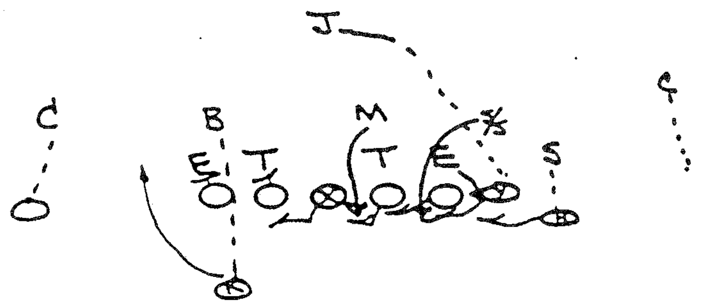
— Possible LENNY
— H check #4

OVER 43 NKL LS 4ST Dog



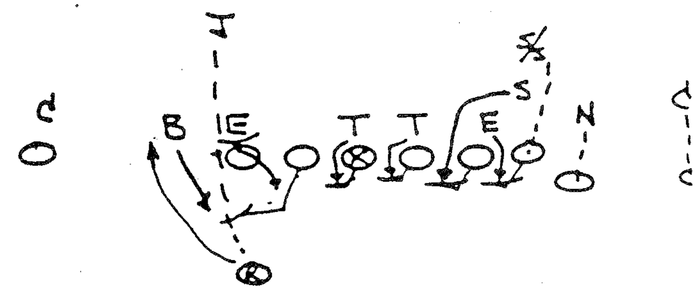
— OC DUAL
— "SWOOP"

EVEN 4-3NKL LS 4ST Dog



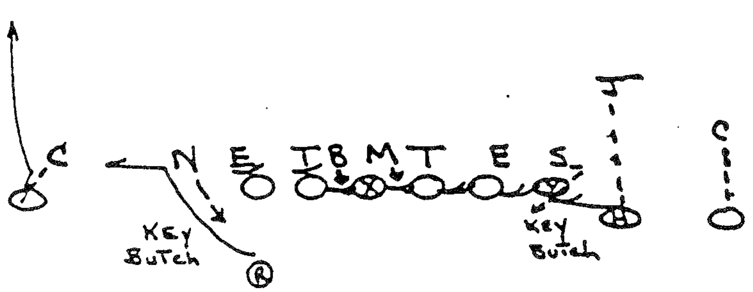
— OC - Pop L
— "SWOOP"

OVER 43 NKL LS MC DIVIDE Bi Dog



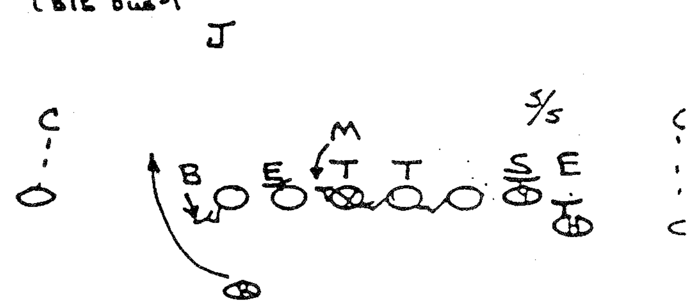
— OG DUAL
— OT/T.G ck Zone
— H ck #4

[E]VEN 44 NKL LW-LS 4W-S BLOW KEY



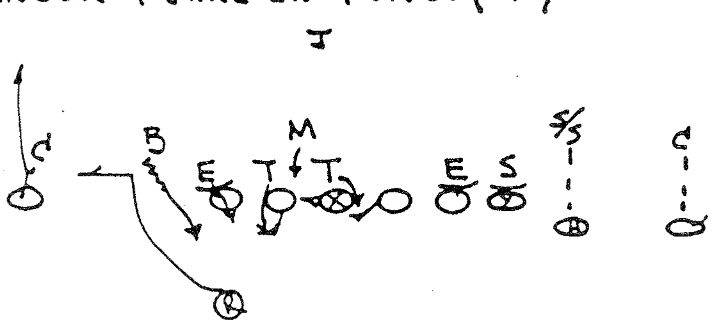
— "SWOOP"

4-3 SOLID (BIG DUAL) MCi BKi Dog



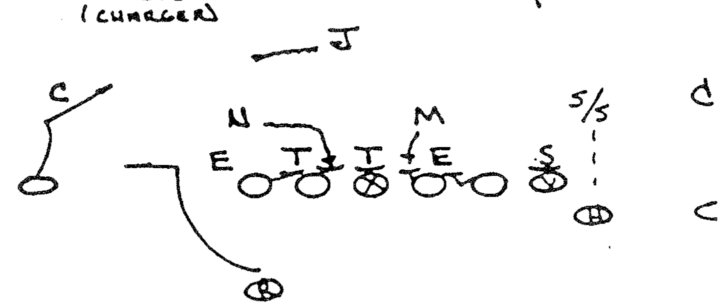
— "SLIDE"

UNDER 4-3NKL LW 4WK Dog KEY



— "LION" (Yellow)

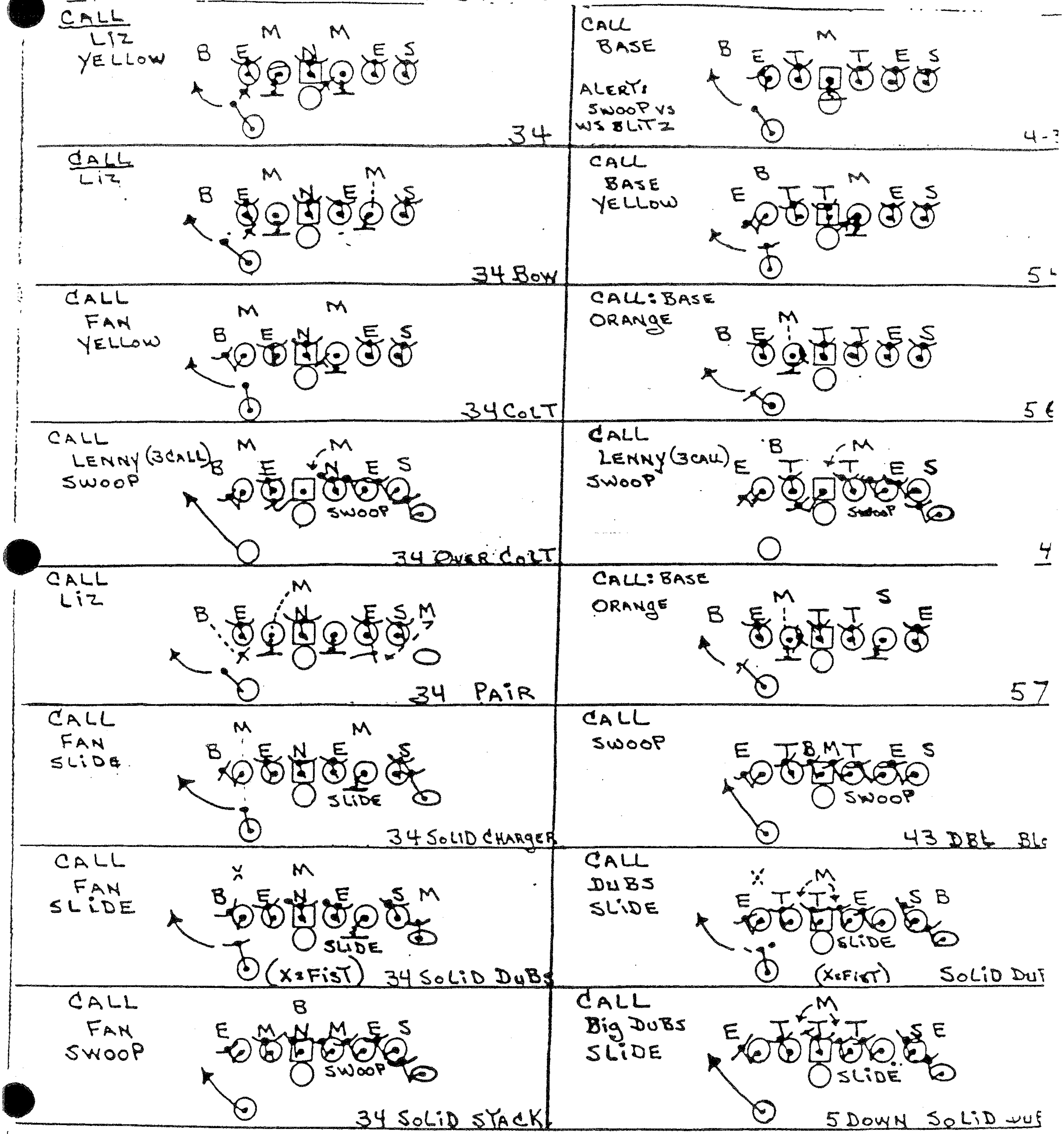
4-3 SOLID (CHARGER) MCI N i Dog



— BIG DUAL - "III"
— "SLIDE"
— H ck #4

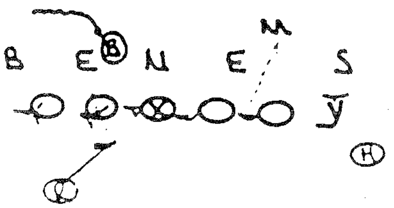
FLASH/LIGHTNING PROTECTION

THE PURPOSE OF THIS PROTECTION IS TO GET THE "R" BACK OUT FOR WEAKSIDE PASS ROUTES BUT ALSO TO BLOCK MAXIMUM PASS PRO (ROBERT/LARRY) IF THREAT OF BLITZ. "R" BACK AND CENTER MUST BE ALERT FOR 3 AND 4 MAN LOOKS TO THE WEAKSIDE. WIDE RECEIVERS RUN ROUTES CALLED AT NORMAL DEPTH—NO BREAK OFF. RIP/LIZ PROTECTION VS 34 DEF.



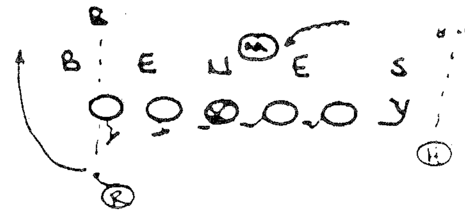
FLASH / LIGHTNING VS SOLID FRONTS - DOGS/BLITZES

CALL: SLIDE



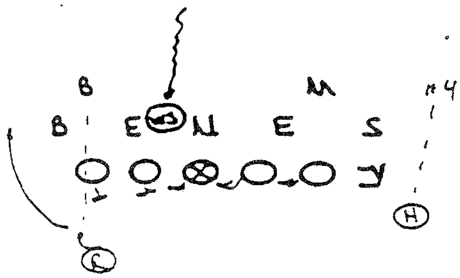
SOLID/CHARGER - BUCK BLOW

CALL: SLIDE



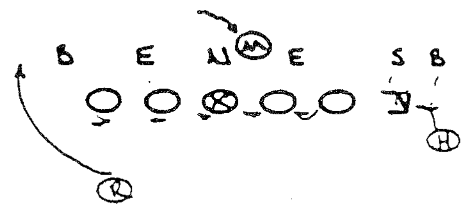
SOLID/CHARGER - MA BLOW

CALL: SLIDE



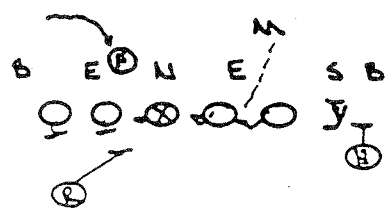
SOLID/CHARGER - WS BLOW

CALL: SLIDE



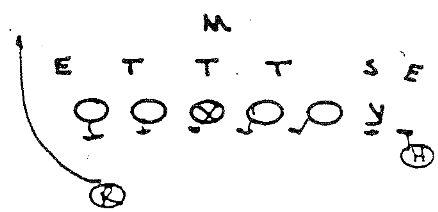
SOLID/DUB³ - MA BLOW

CALL: SLIDE



SOLID/DUB⁴/FIST - FIST BLOW

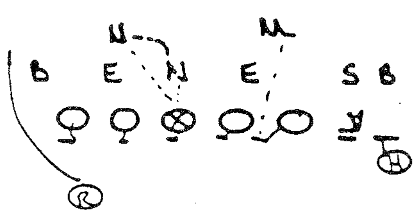
CALL: SLIDE



5 DOWN SOLID - BIG DUB³

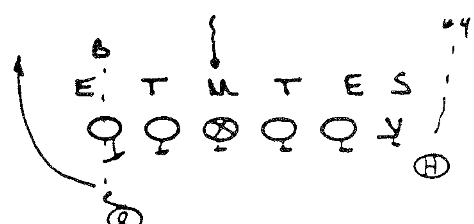
CALL: SLIDE

Note! Center treat stack nose as solid!



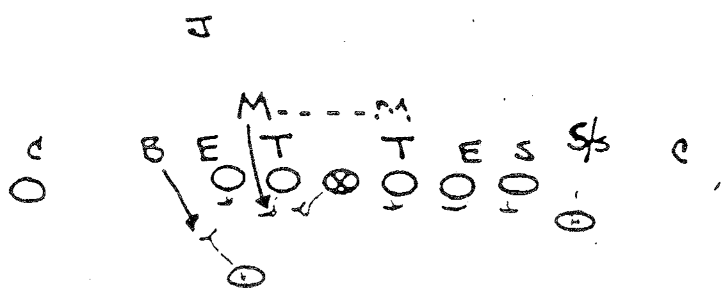
SOLID (STACK) DUB⁶

CALL: HOLE



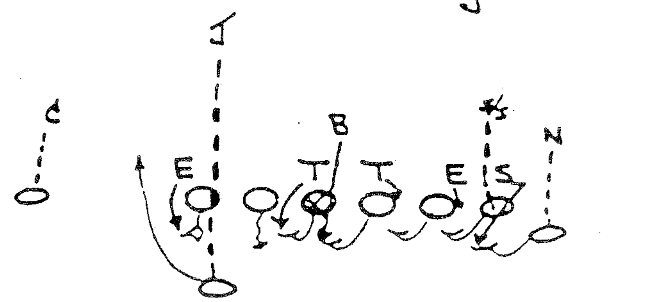
☆ 4-3 COLT - MA AWE

EVEN 4-3 LW 4WK Dog



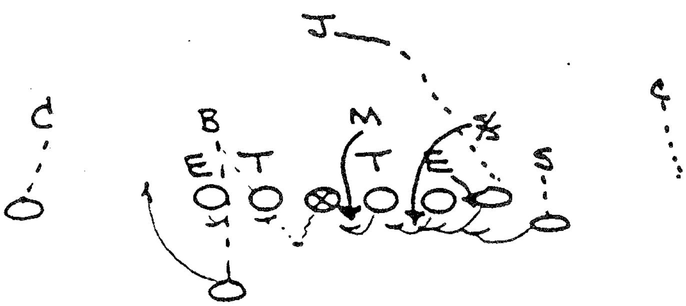
CALL: (FORCE / SWOOP) TO FOUR
LANNY

OVER 43 NKL LS 4ST Dog



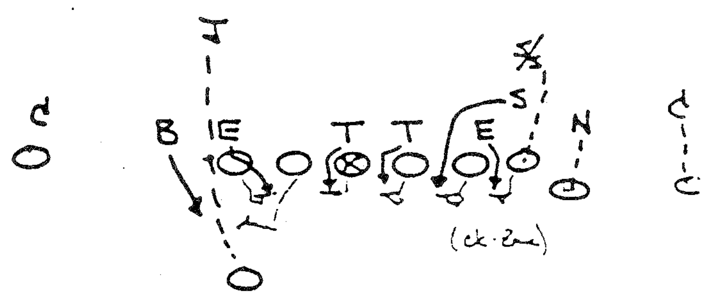
CALL: DUAL
SWOOP

EVEN 4-3NKL LS 4ST Dog



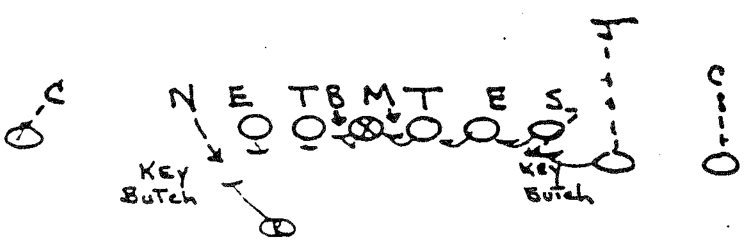
CALL: "THUD" for L
SWOOP

OVER 43 NKL LS MC DIVIDE Bi Dog



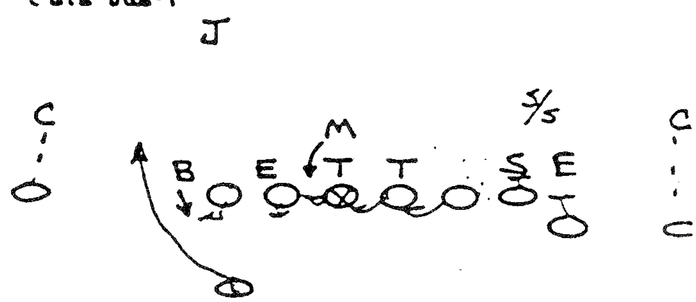
CALL: DUAL (FORCE)

EVEN 44 NKL LW-LS 4W-S BLOW KEY



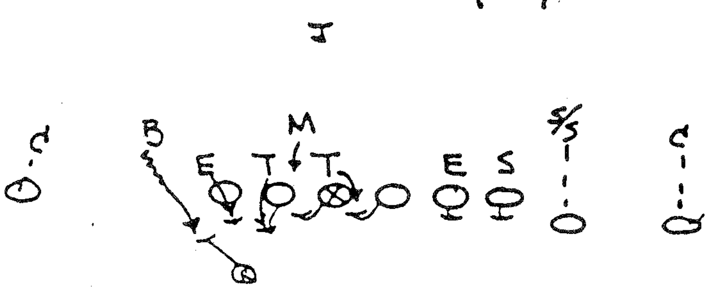
CALL: FOUR
SWOOP

4-3 SOLID (BIG DUBS) MC i BK i Dog



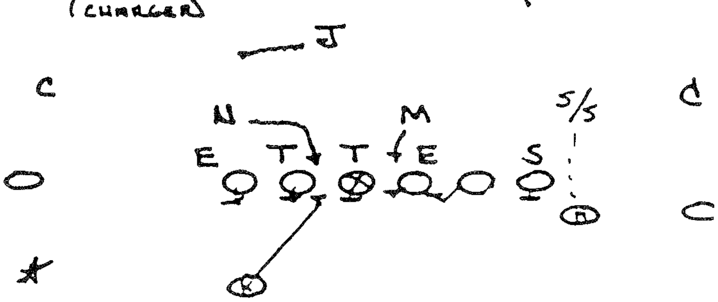
CALL: SOLID / BIG DUBS
SLIDE

UNDER 4-3NKL LW 4WK Dog KEY



CALL: FOUR
LION

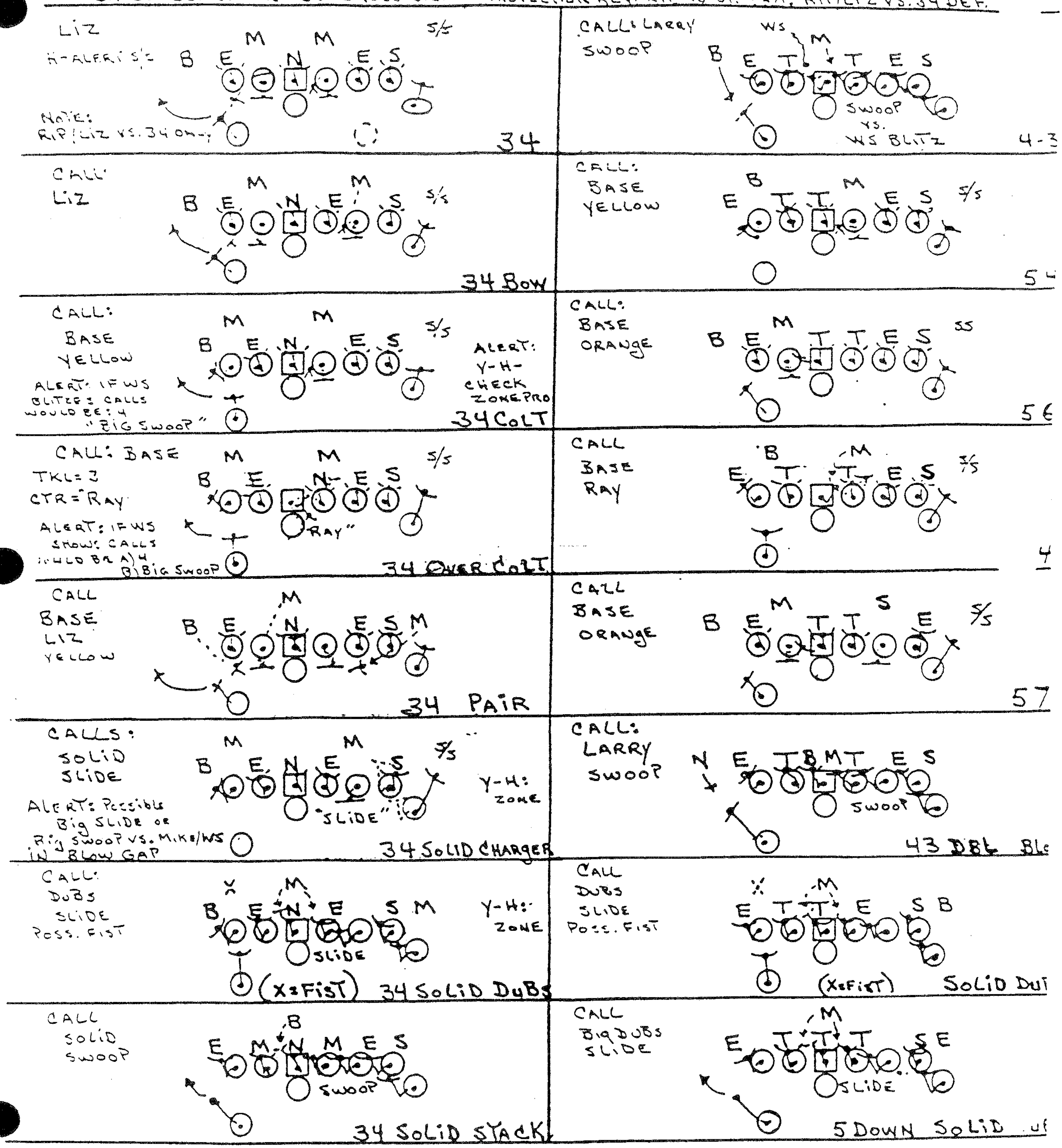
4-3 SOLID (CHARGER) MC i N i Dog



CALL: SOLID / CHARGER
SLIDE

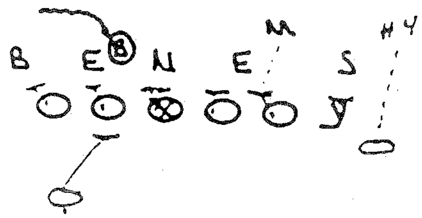
ROBERT-LARRY [BLITZ PROTECTION]

ROBERT-LARRY IS USED TO TAKE CARE OF A 4-WEAK BLITZ AND/OR A 4 STRONG BLITZ. QB CALLS ROBERT/LARRY IN HUDDLE. HE IS ALERTING TEAM TO MAX PROTECT. THE CENTER WILL RECALL ROBERT/LARRY AT L.O.S IF THERE ARE 3 BLITZERS TO THE CALL SIDE. "B" BACK IS RESPONSIBLE FOR #4 MAN - LBKR/SAFETY. WR'S DON'T BREAK VS. SAFETY BLITZ. IF NO BLITZ POSSIBILITY - PROTECTION REVERTS TO "OH" ..., RIP/LIZ VS. 34 DEF.



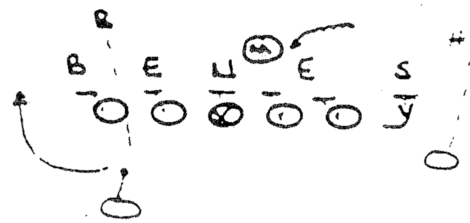
ROBERT / LARRY YRD vs SOLID – DOGS / BLITZES

CALL: CHARGER SLIDE



SOLID/CHARGER – BUCK BLOW

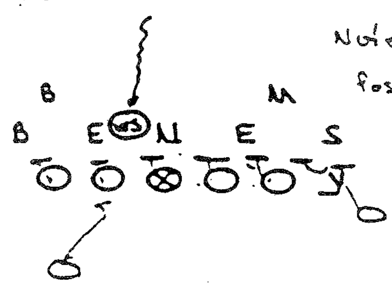
CALL: CHARGER SLIDE



SOLID / CHARGER – MA BLOW

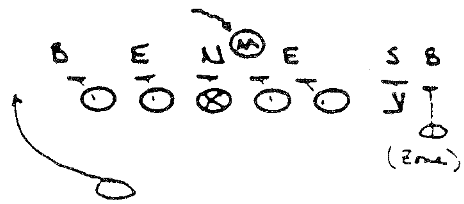
CALL: CHARGER SLIDE

Note WS blitz possible swoop!



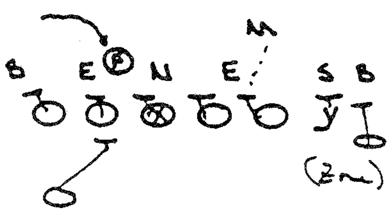
SOLID/CHARGER – WS BLOW

CALL: DUB³ SLIDE



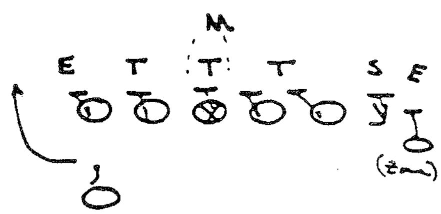
SOLID/DUB³ – MA BLOW

CALL: DUB³ SLIDE



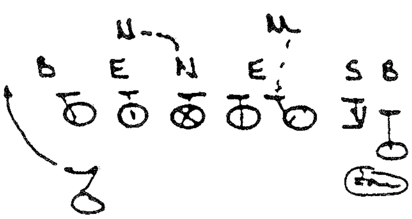
SOLID/~~DUB³~~/FIST – FIST BLOW

CALL: DUB³ SLIDE



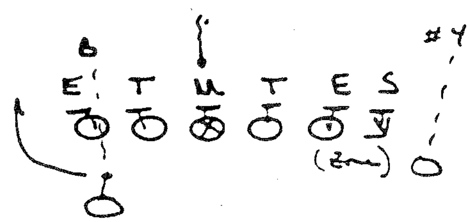
5 DOWN SOLID – BIG DUB³

CALL: SOLIDE DUB³ SLIDE



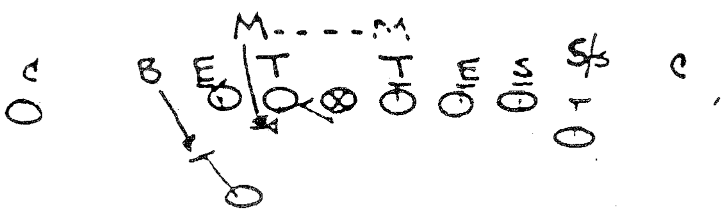
SOLID (STACK) DUB³

CALL: MUG (MAC)



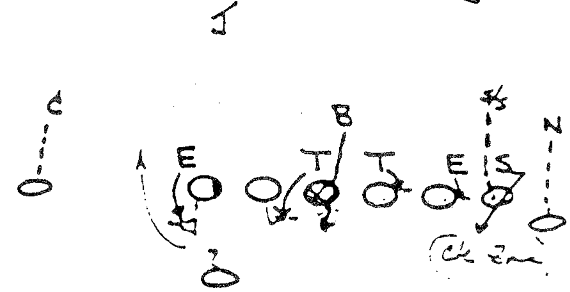
4-3 COLT – MA MUG

EVEN 4-3 LW 4WK Dog



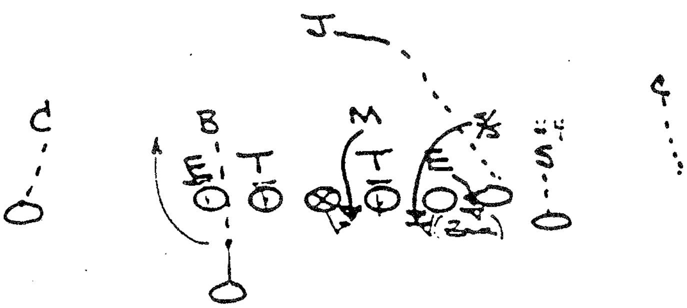
CALL: BASE TO FOUR

OVER 43 NKL LS 4ST Dog



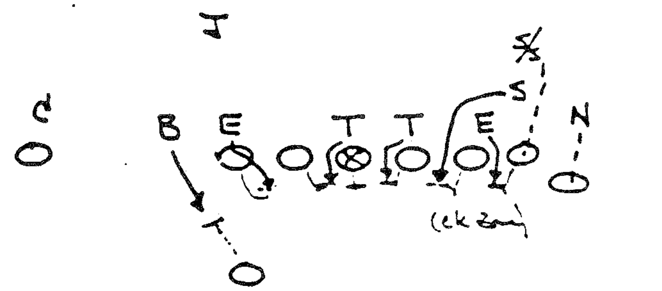
CALL: RAM
ONE BACKER

EVEN 4-3NKL LS 4ST Dog



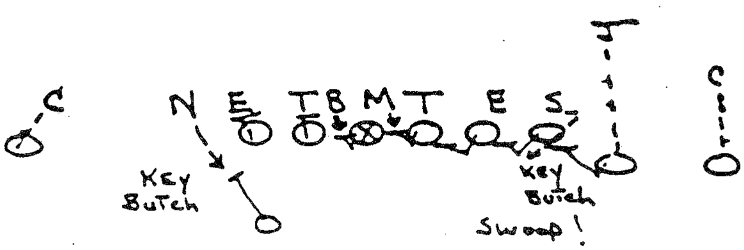
CALL: BASE
ck Zone OT/TE

OVER 43 NKL LS MC DIVIDE Bi Dog



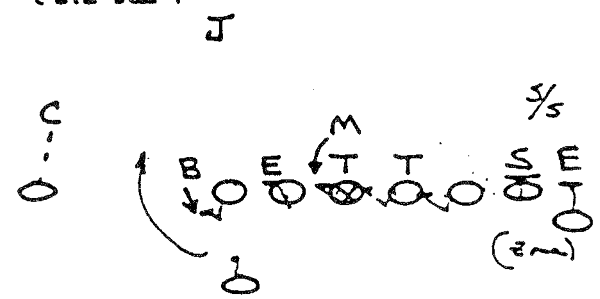
CALL: ORANGE
ONE Backer!

JEN 44 NKL LW-LS 4W-S BLOW KEY



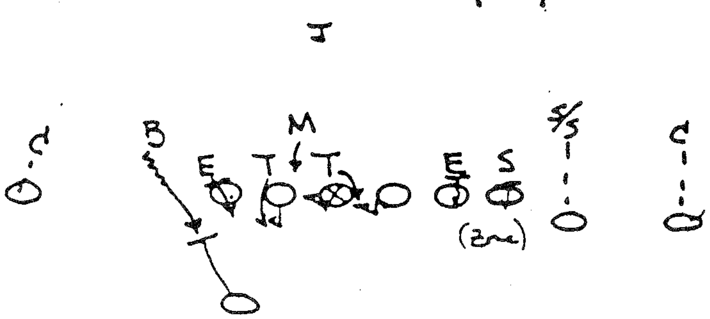
CALL: FOUR
Swoop

4-3 SOLID (BIG DUB'S) MCi BKi Dog



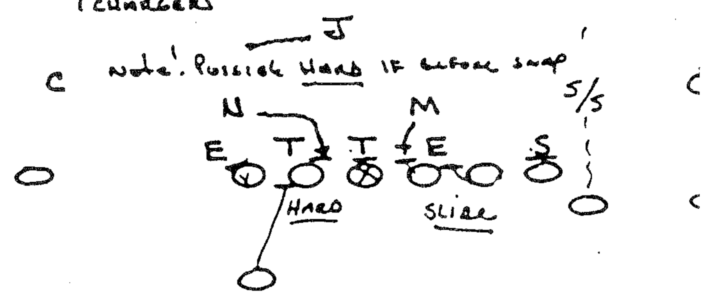
CALL: SOLID - BIG DUB'S
SLIDE

UNDER 4-3NKL LW 4WK Dog KEY



CALL: FOUR
LION

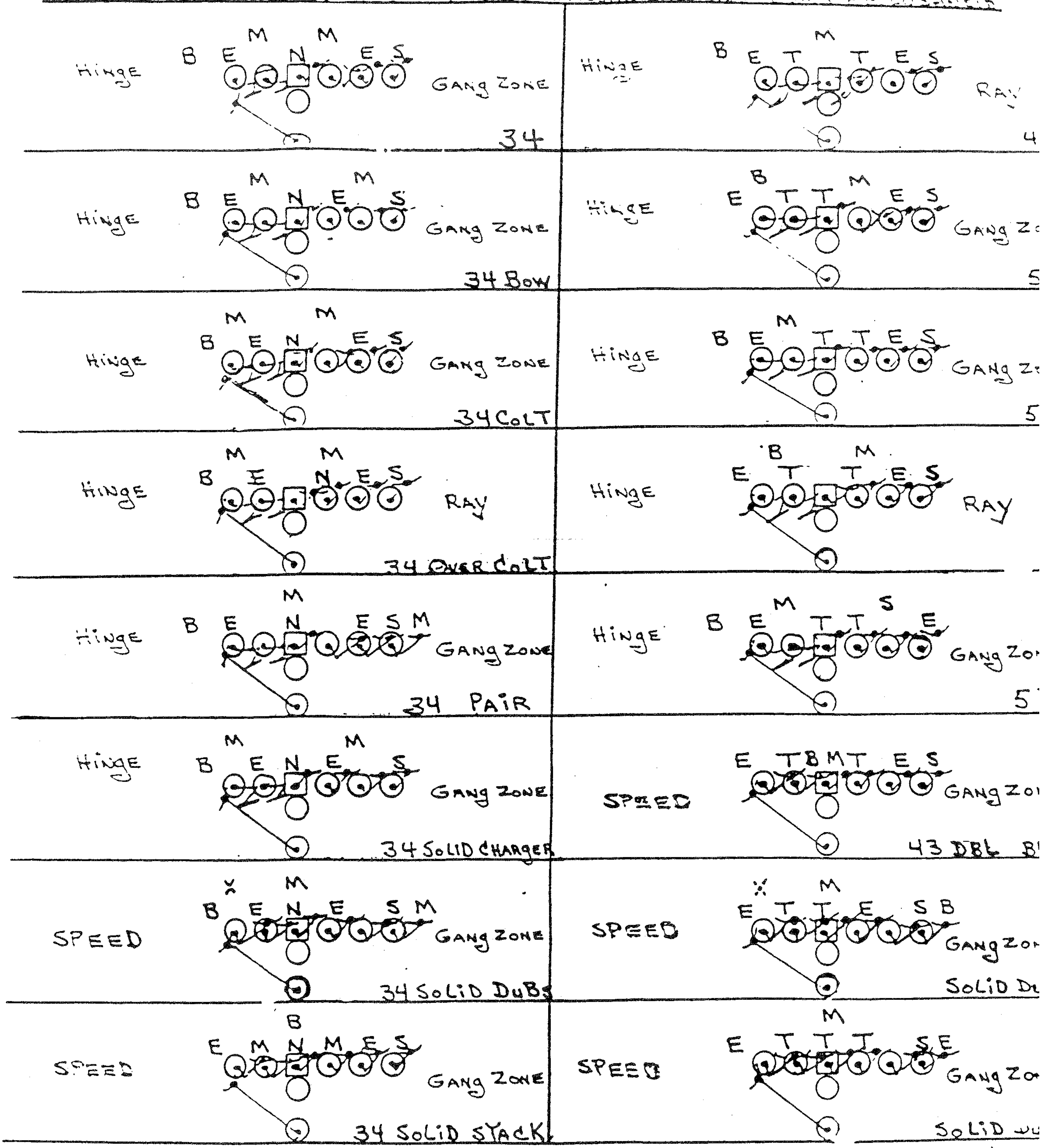
4-3 SOLID (CHARGER) MCI N i Dog



CALL: SOLID / CHARGER
SLIDE

SPEED PROTECTION

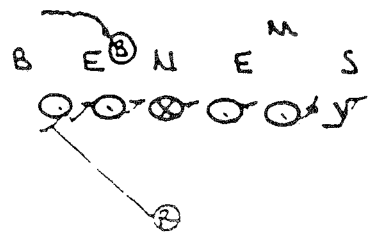
AGGRESSIVE ONSIDE REACH ZONE – ALL STUNTS – DOGS – BLITZES WILL BE ZONE BLOCKED. OFFSIDE-REACH-HINGE ZONE. BE AGGRESSIVE AND CONTROL DO NOT LET DEFENDER CROSS FACE. ALERT ONSIDE CALLS: GANG ZONE; RAY-LENNY
ALERT OFFSIDE CALL: SPEED. "R" – BLOCK OPPOSITE CALL-SIDE – BLOCK EMLOS-INSIDE



NOTE: EXCEPTION – IF THERE IS A TE OPPOSITE CALL SIDE – SPRINT ONSIDE – BLOCK EMLOS/SAFE

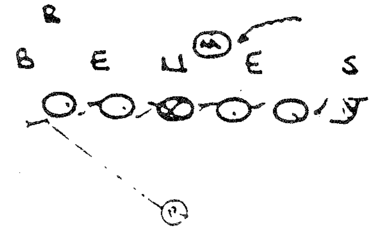
SPEED Pass Protection vs SOLID FRONTS - DOGS/BLITZES

CALL:



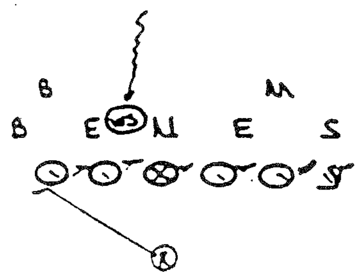
SOLID/CHARGER - BUCK BLOW

CALL:



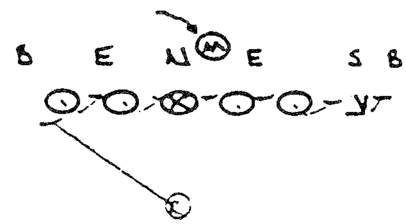
SOLID/CHARGER - MA BLOW

CALL:



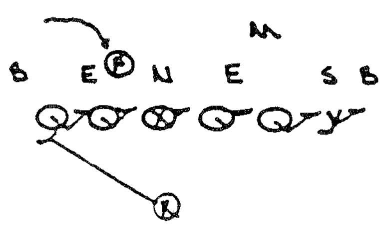
SOLID/CHARGER - WB BLOW

CALL:



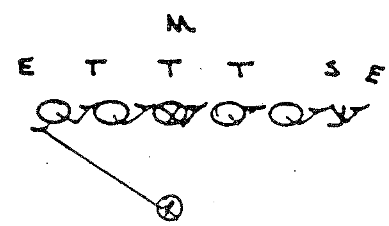
SOLID/DUB'S - MA BLOW

CALL:



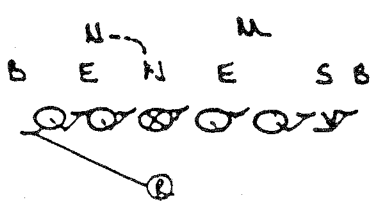
SOLID/DUB"/FIST - FIST BLOW

CALL:



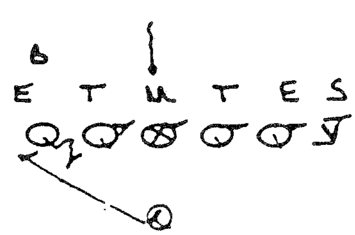
5 DOWN SOLID - BIG DUB'S

CALL:



SOLID (STACK) DUB"

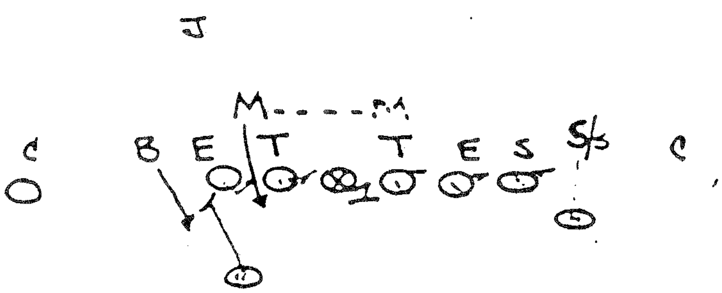
CALL:



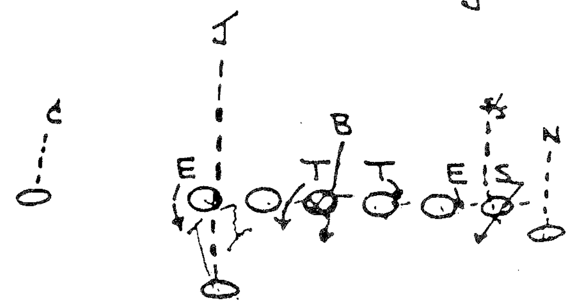
4-3 COLT - MA BLUE

SPEED — PASS PROTECTION VS NICKEL BLITZES

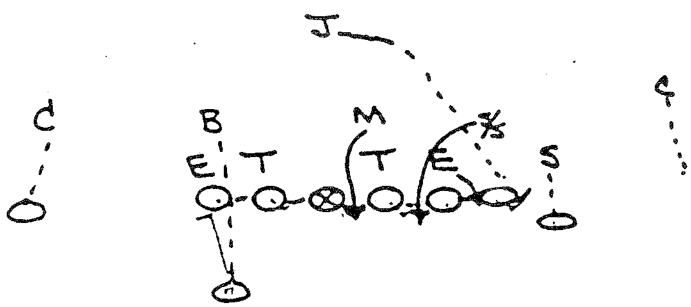
EVEN 4-3 LW 4WK DOG



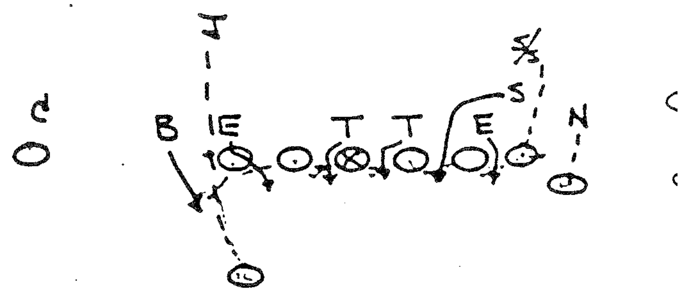
OVER 43 NKL LS 4ST DOG



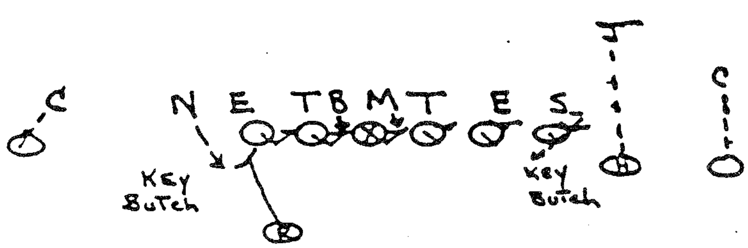
EVEN 4-3NKL LS 4ST DOG



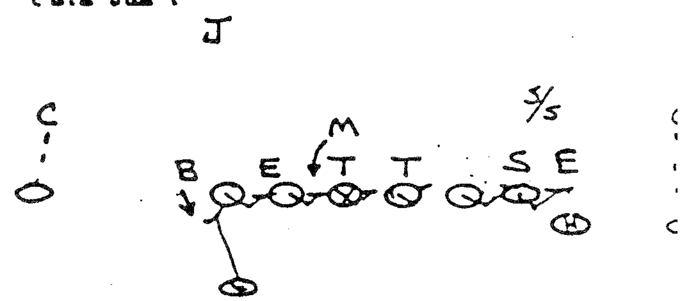
OVER 43 NKL LS MC DIVIDE Bi DOG



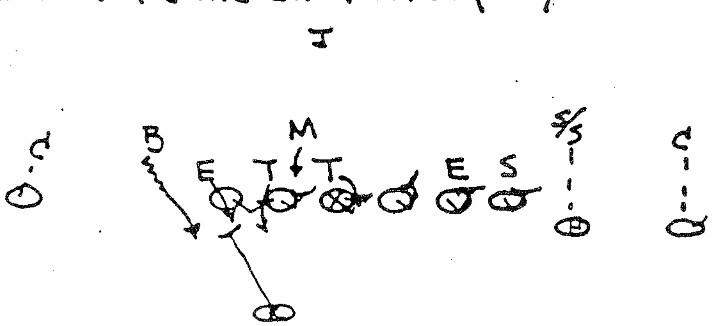
JEN 44 NKL LW-LS 4W-S BLOW KEY



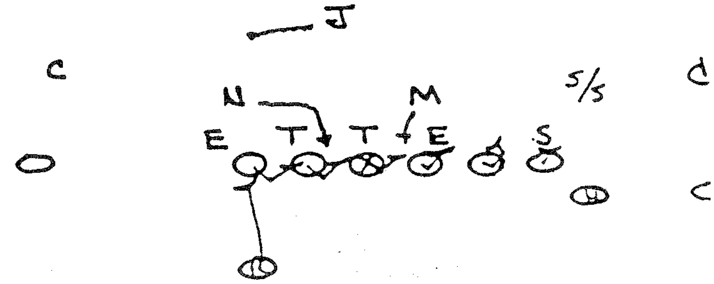
4-3 SOLID MCi BKi DOG
(BIG DUAL)



UNDER 4-3NKL LW 4WK DOG KEY



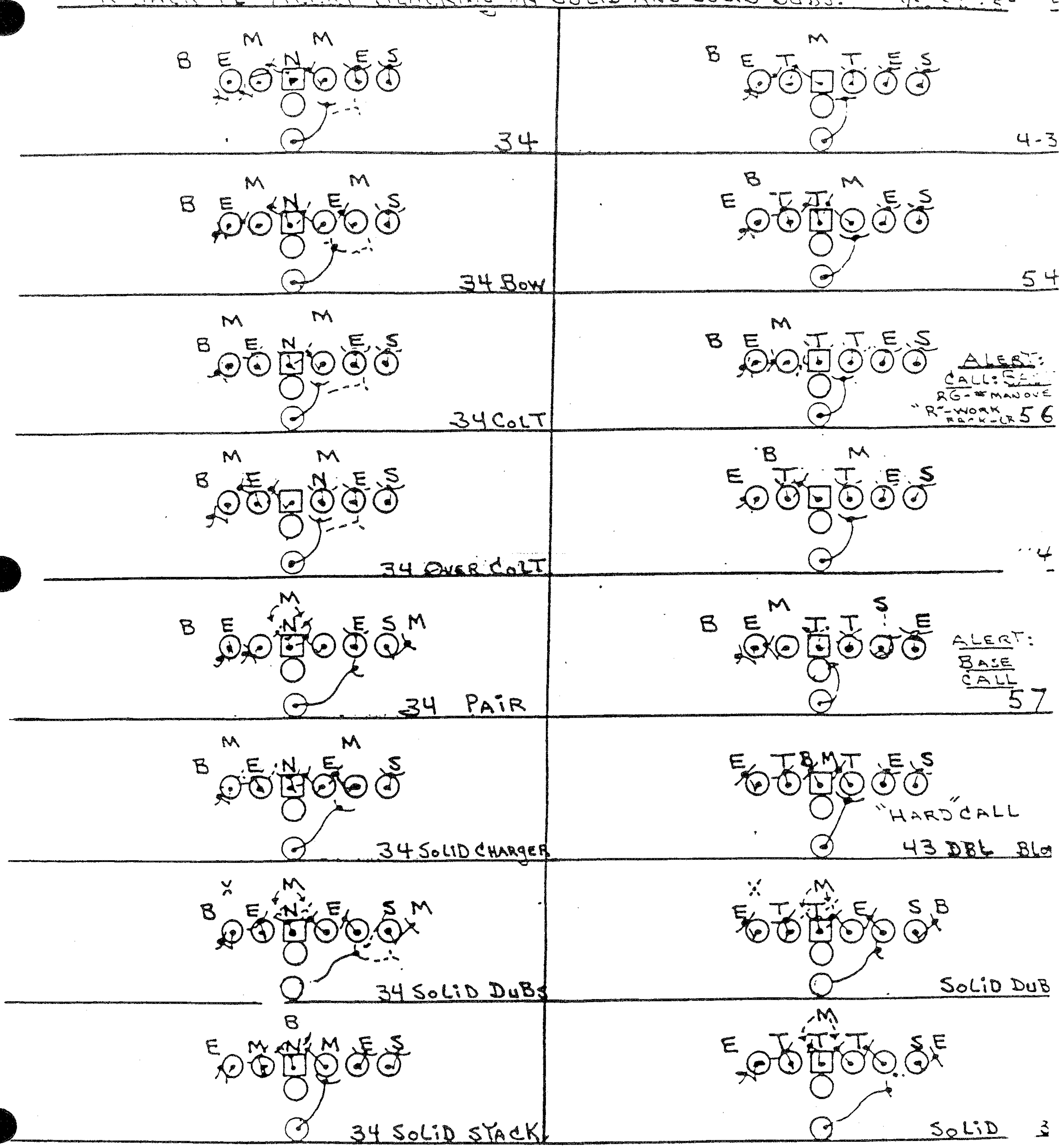
4-3 SOLID MCI N·i DOG
(CHARGER)



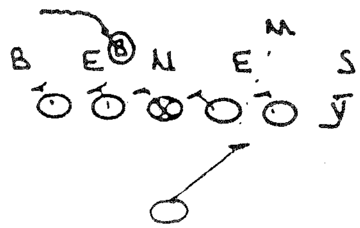
OPTION PROTECT[illegible]

DROPBACK SLIDE PROTECTION. SLIDE BLOCKING WITH TE BLOCKING RESPONSIBILITY. "R" BACK WILL CHECK FIRST BACKER FROM INSIDE OUT AWAY FROM THE CALL SIDE. "R" ALERT HARD CALL.

"R" BACK-TE-ALERT BLOCKING ON SOLID AND SOLID DUBS. LINE: ALERT "BASE" CALL

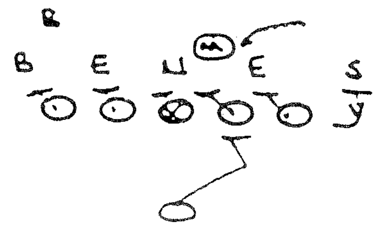


CALL: SLIDE



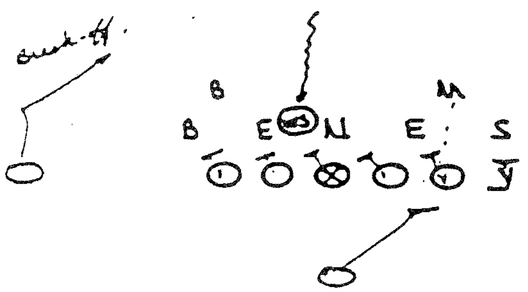
SOLID/CHARGER - BUCK BLOW

CALL: CHARGER SLIDE (POSSIBLE IN CALL)



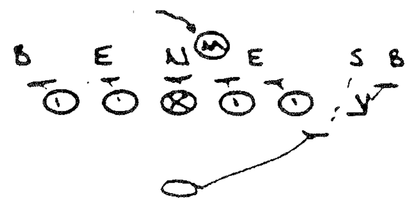
SOLID / CHARGER - MA BLOW

CALL: SLIDE



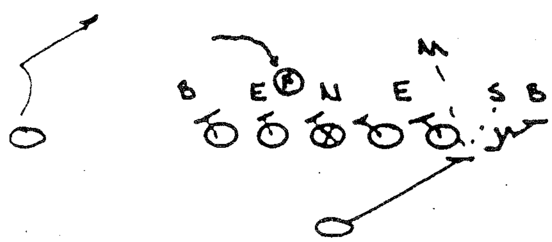
SOLID/CHARGER - WS BLOW

CALL: DUB'S SLIDE



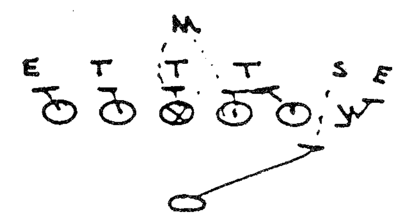
SOLID/DUB'S - MA BLOW

CALL: DUB'S SLIDE



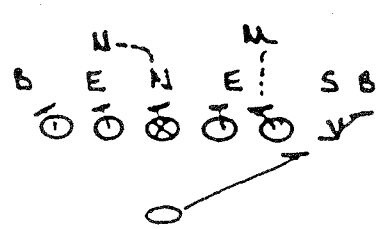
SOLID/DUB'S/FIST - FIST BLOW

CALL: DUB'S SLIDE



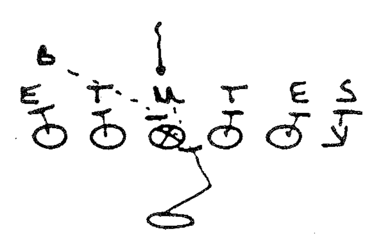
5 DOWN SOLID - BIG DUB'S

CALL: DUB'S SLIDE



SOLID (STACK) DUB'S

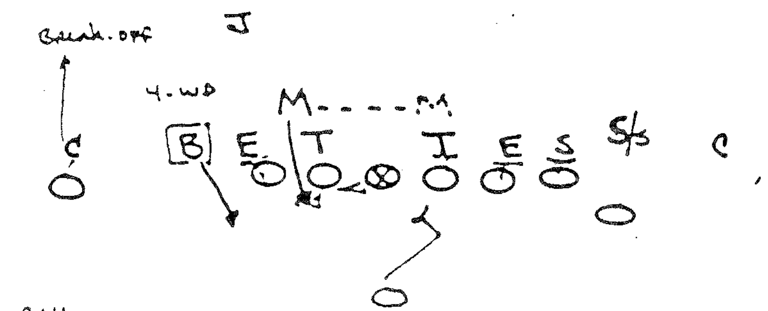
CALL: MUG (MAC)



4-3 COLT - MA MUG

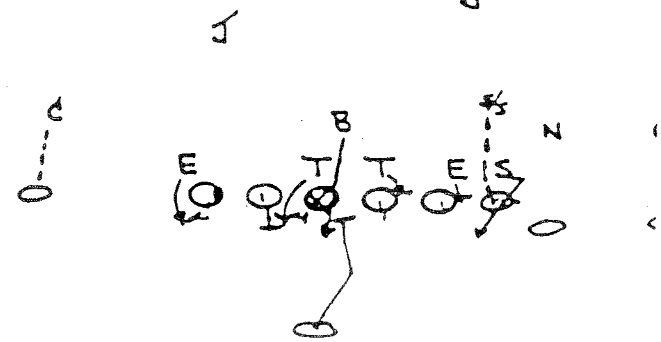
OPTION PASS PROTECTION VS NICKEL BLITZES

EVEN 4-3 LW 4WK Dog

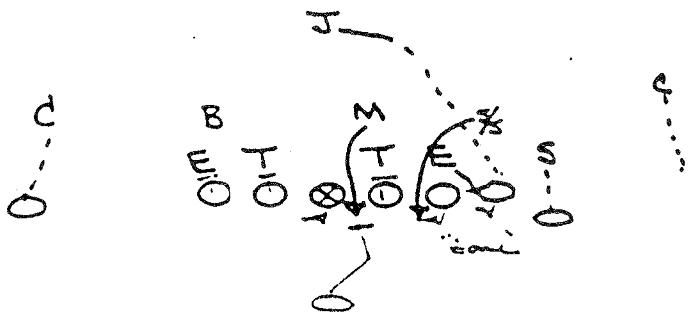


CALL: LANNY

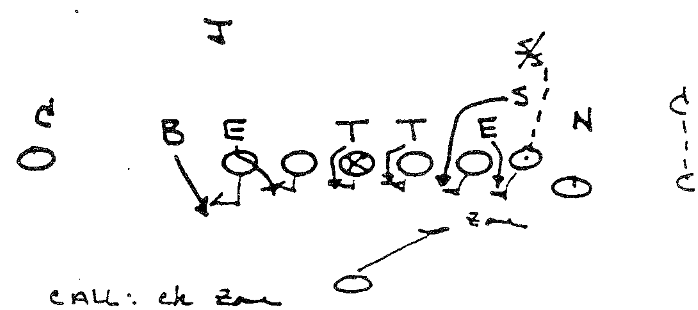
OVER 43 NKL LS 4ST Dog



EVEN 4-3NKL LS 4ST Dog

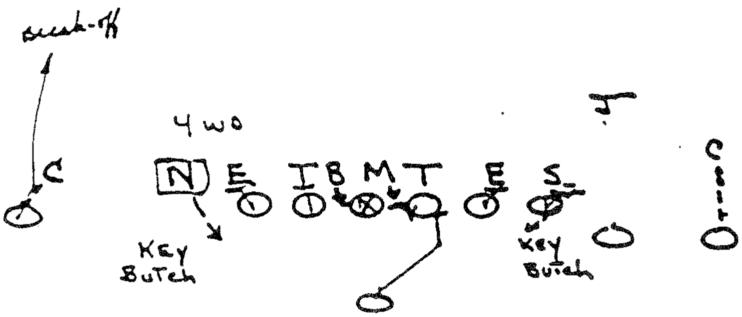


OVER 43 NKL LS MC Divide Bi Dog

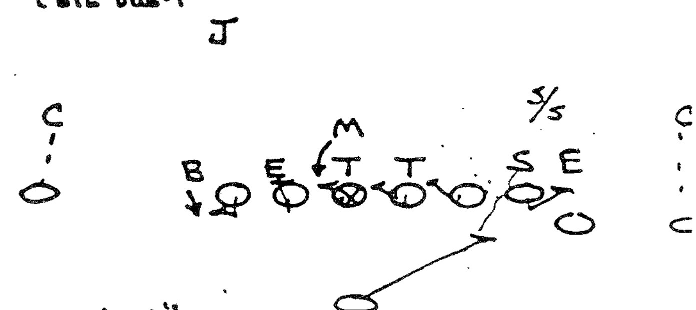


CALL: ck Zone
(OT - T.E)

JEN 44 NKL LW-LS 4W-S BLOW KEY

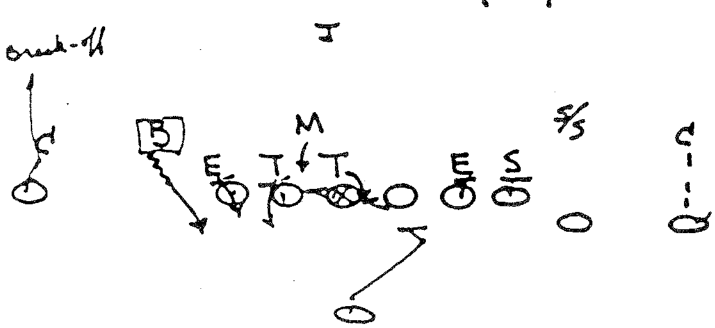


4-3 SOLID (BIG DUB'S) MCi BKi Dog

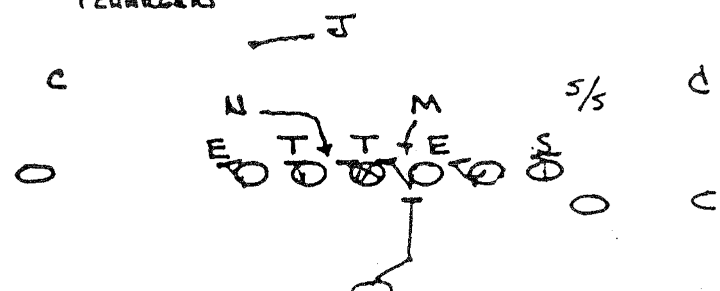


CALL: DUB'S SLIDE

UNDER 4-3NKL LW 4WK Dog KEY



4-3 SOLID (CHARGER) MCI N i Dog

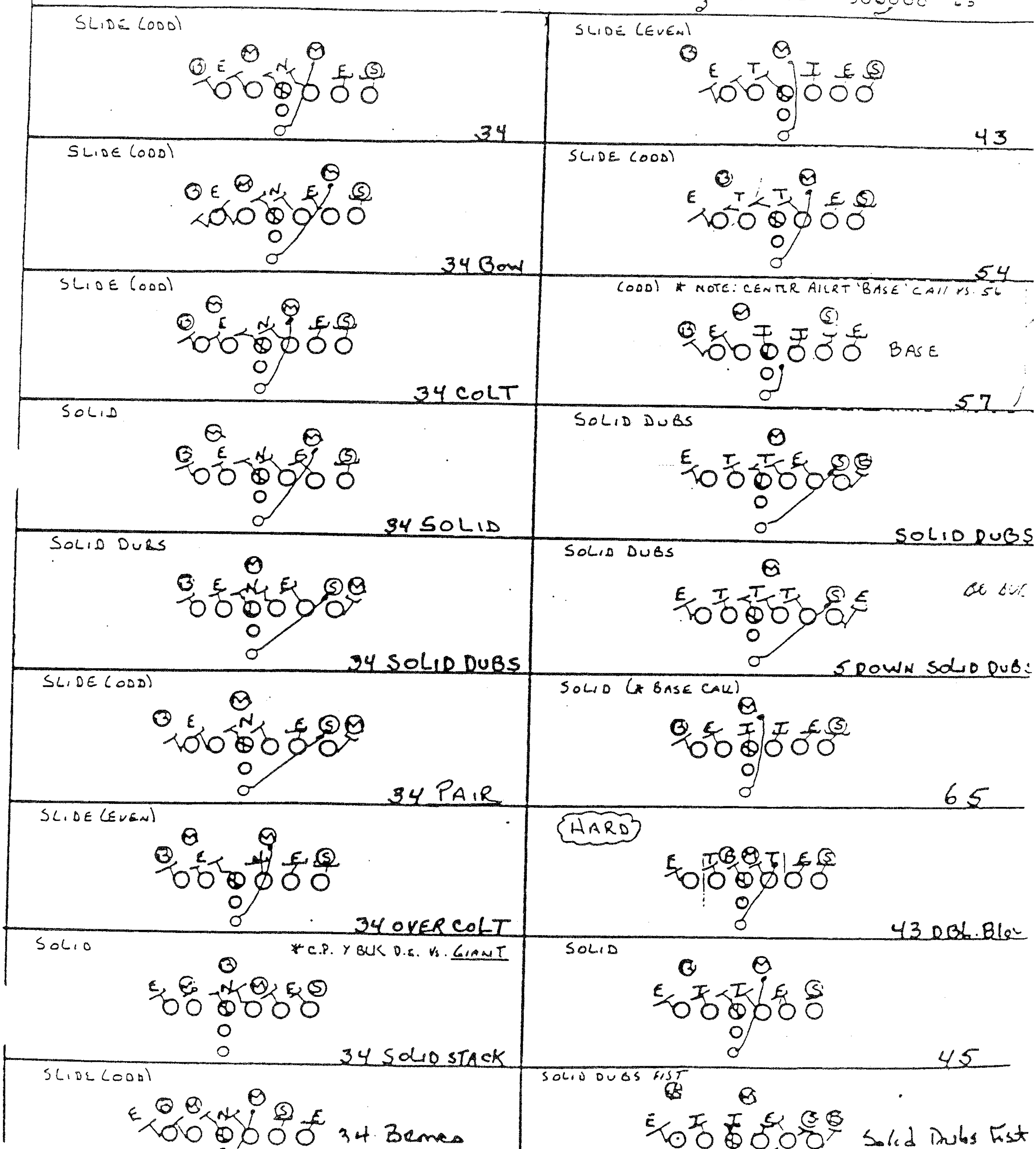


CALL: CHARGER SLIDE

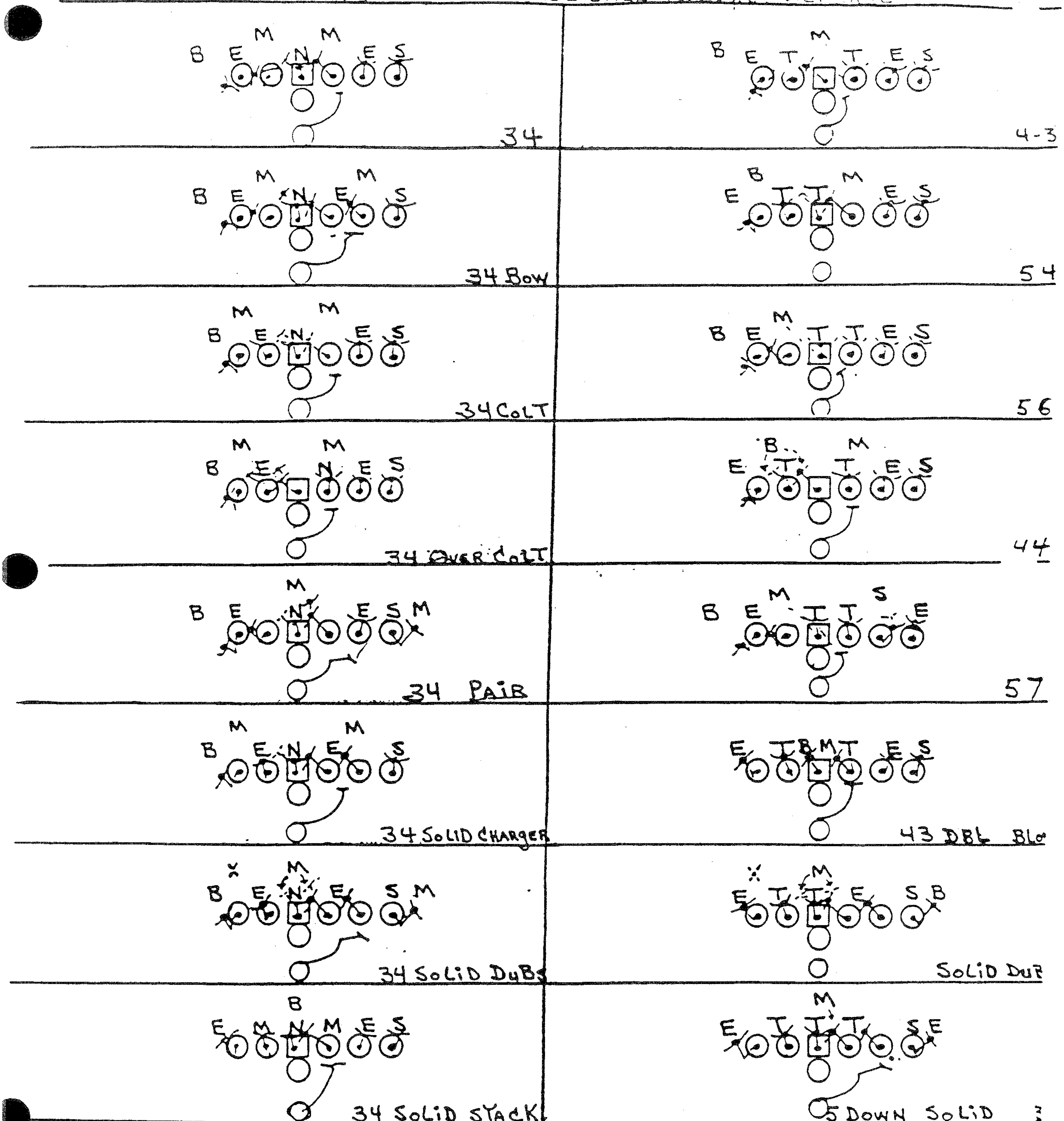
CHARLIE 10 HITCH - CHARLIE 20/30

SLIDE AGGRESSIVE PROTECTION. MUST CONTROL THE DEFENSIVE FRONT AT THE LOS BECAUSE OF SHORT DROP BY QB (DO NOT SET OFF LOS OR GIVE GROUND).
THE ONSIDE IN THIS PROTECTION IS THE SIDE OF THE ACTION CALLED (SAME PROTECTION AS OPTION BUT MORE AGGRESSIVE)
R. BACK ALERT SOLID DUBS - HARD CALL BACKER LOCATIONS.
ALERT SLIDE ODD - EVEN CALLS - ALERT BASE CALL VS. 56 - 65 & 57 DEFENSE

56 BASE 65



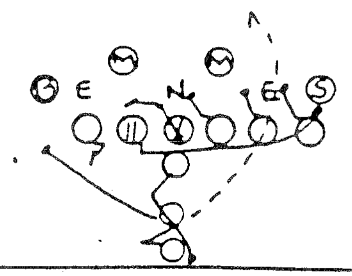
CHARLIE is AN aggressive PLAY ACTION PASS PROTECTION COMING OFF A 40/50 G...
FAKE To THE "R" BACK. THE ONSIDE IS THE CALLSIDE. This is OUR SLIDE PRO (SAME AS OPTION
R BACK - ALERT - SOLID DUBS - "HARD" CALL - BACKER LOCATIONS. TE - ALERT - SOLID DUBS
LINE - ALERT ODD - EVEN CALL: ALERT BASE CALL VS. 56 & 57 DEFENSE



RUN PASS 60/70 CTR

CALL: GAP

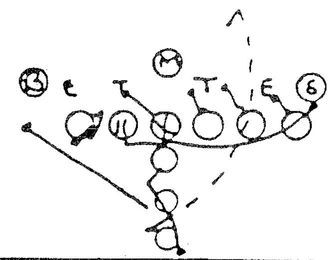
NOTE: R ALERT S/S ALIGNMENT (BLITZ)
BLKING BACK ATTACK OUTSIDE MAN ON LOS.



34

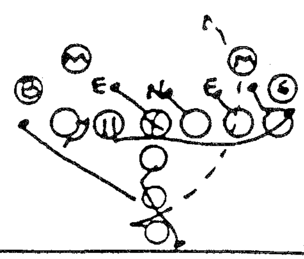
CALL: DUCE/ADD

NOTE: R ALERT VS ALIGNMENT (BLITZ)
BLKING BACK ATTACK OUTSIDE MAN ON OFFSIDE TACKLE BLK DEF. END



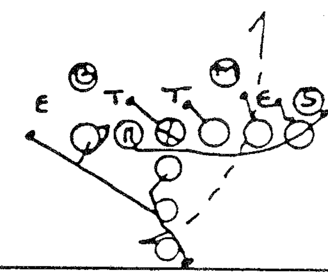
43

CALL: ANGLE



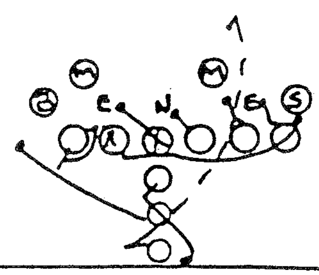
34 CHARGER

CALL: ANGLE



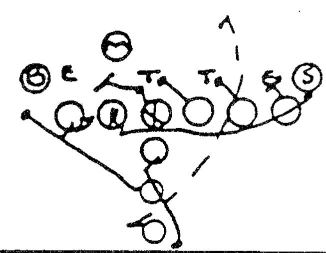
54

CALL: ANGLE



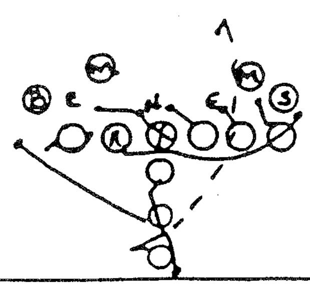
34 COLT

CALL: ANGLE



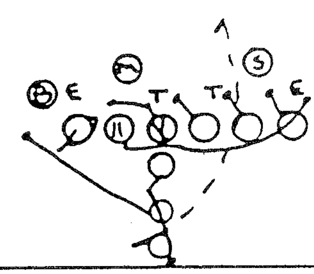
56

CALL: GAP



34 BOW

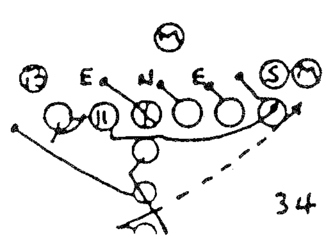
CALL: GAP



57

CALL: DUBS
ANGLE

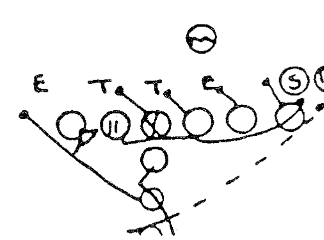
NOTE: R BACK BLK OUTSIDE DUBS BACKER



34 Solid Dubs

CALL: DUBS
ANGLE

NOTE: R BACK BLK OUTSIDE DUBS BACKER.

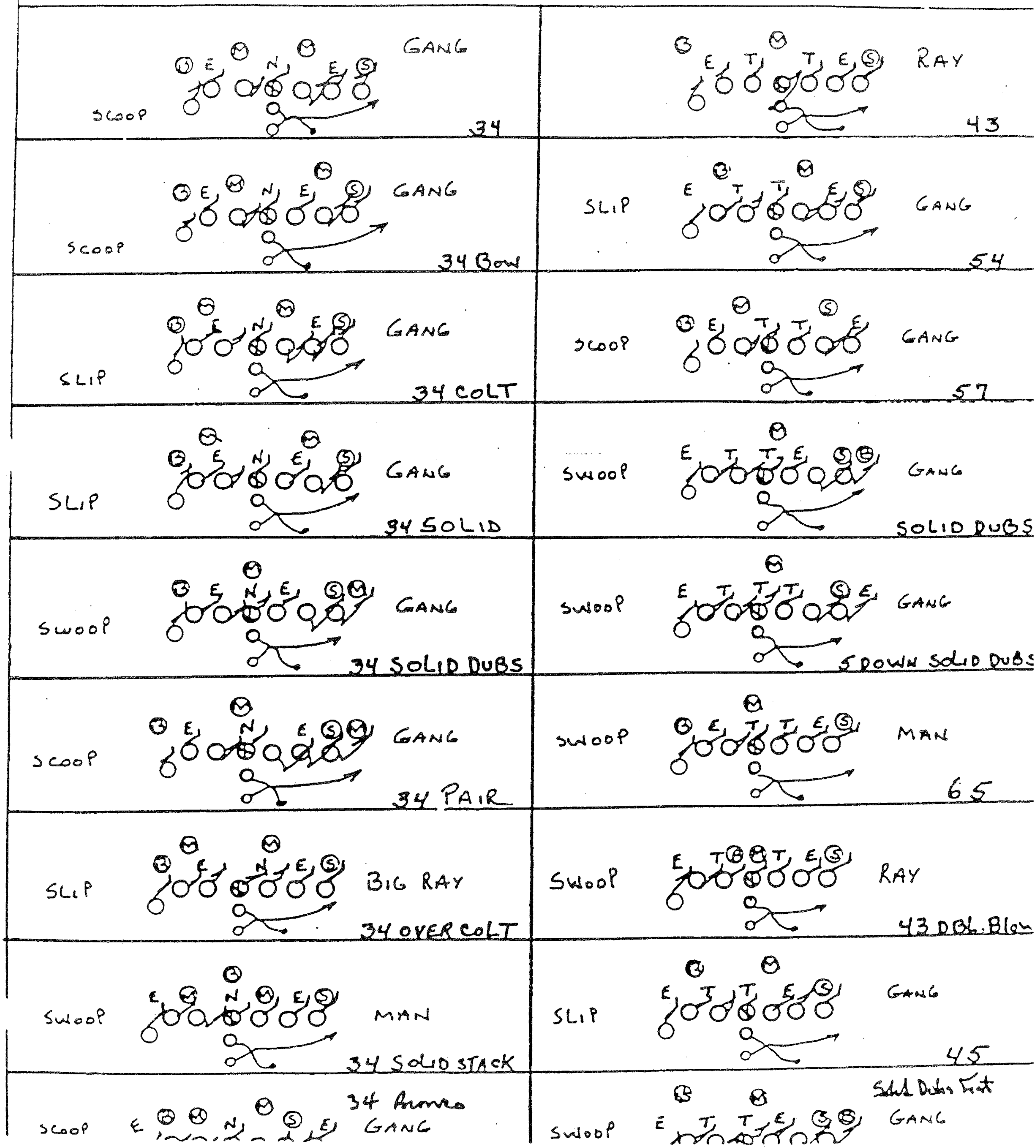


Solid Dubs

PLAY PASS 60/70 OUTSIDE

When Q.B. gives the term PLAY PASS he is alerting the offensive line to block the protection exactly like the run. It is important we give defense a run read.

Note: Use same blocking as 60/70 outside.



KOSE-SALLY (READ SCREEN)

THIS IS A READ SCREEN WITH THE FIRST CHOICE BEING A PASS DOWNFIELD TO EITHER OUR X Y OR Z. OUR SECOND CHOICE IS TO DUMP THE BALL TO OUR 'R' OR 'H' BACK. QB WILL USE A 5 STEP DROP — THIS IS A 2 COUNT SCREEN FOR OUR OFFENSIVE LINE.

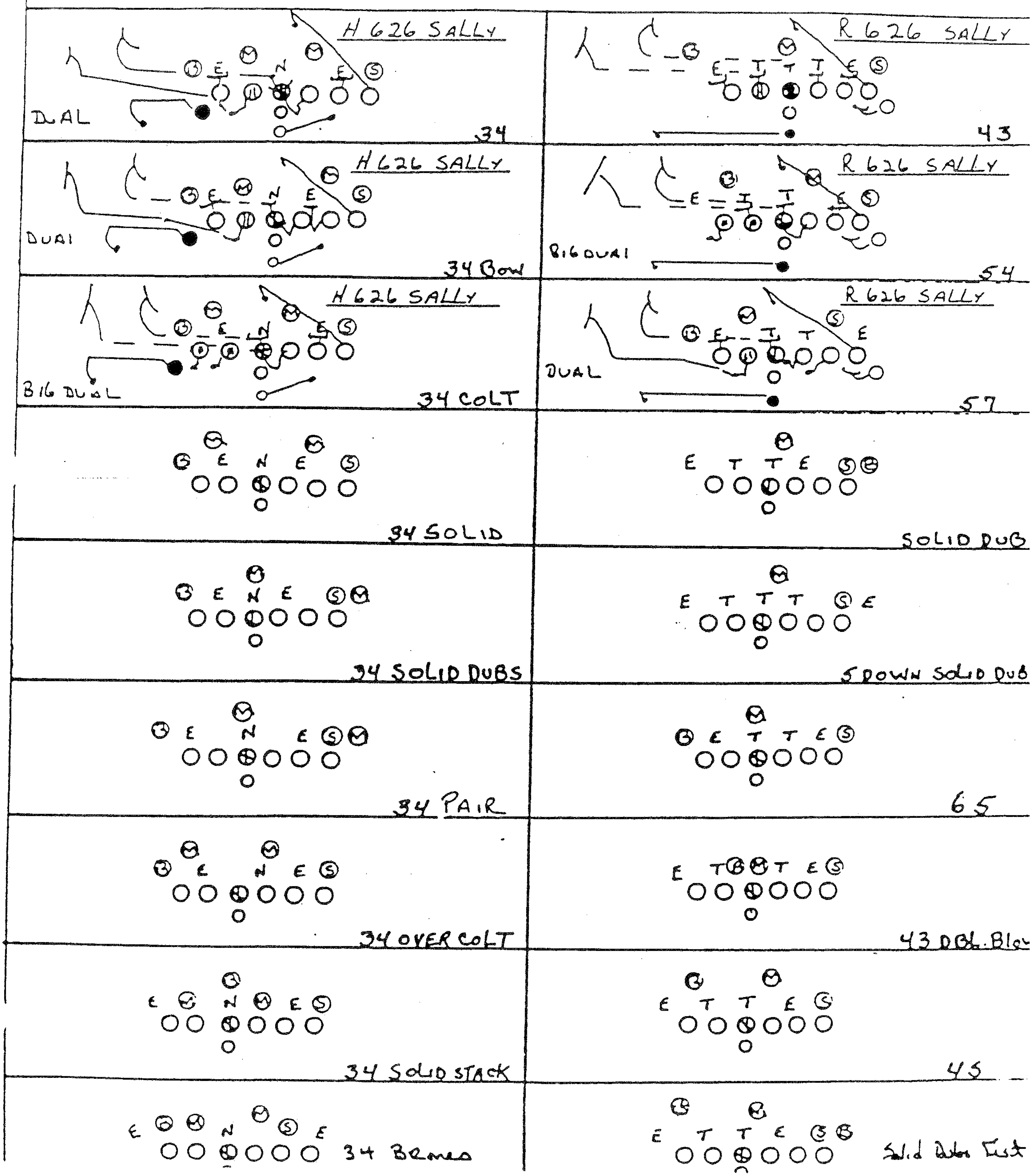
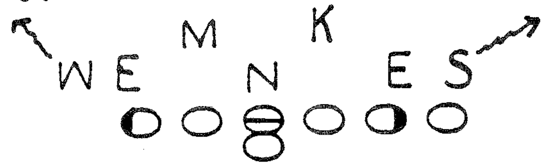


TABLE OF CONTENTS

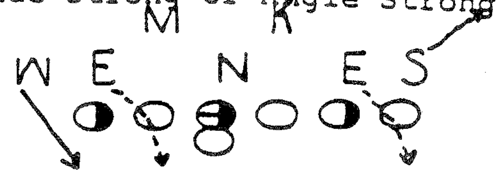
(DEFENSIVE TERMINOLOGY)

3 DOWN LINEMEN PERSONNEL - 34 LOOKS

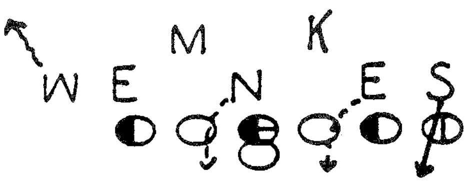
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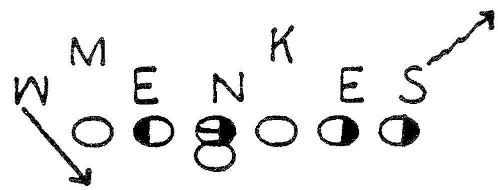
58 (Shade Strong or Angle Strong)



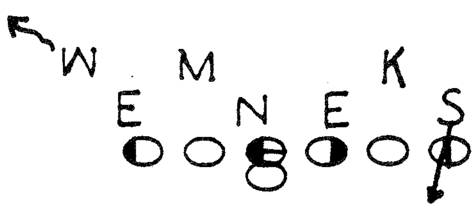
59 (Shade Weak - Slant Weak)



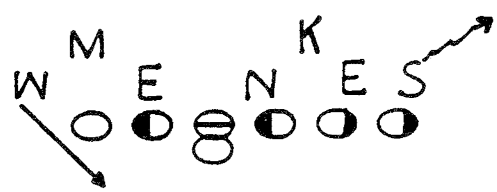
58 Weak Eagle



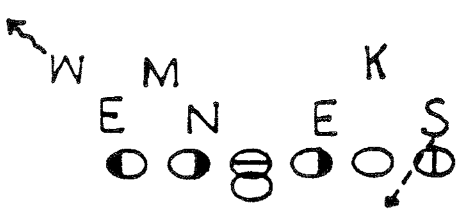
59 Eagle



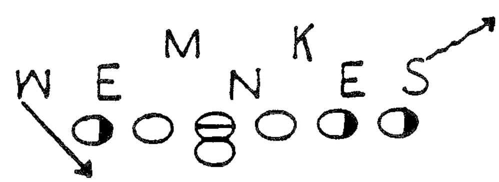
34 Over (58 Over)



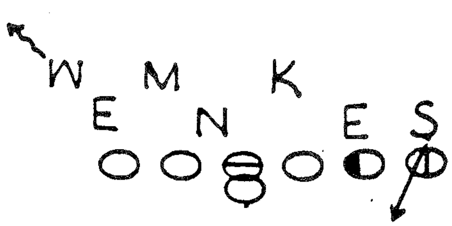
34 Under (59 Under)



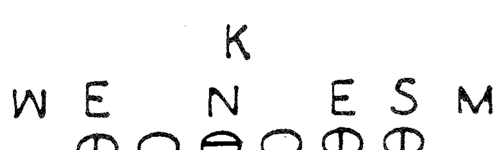
58 Gap Strong



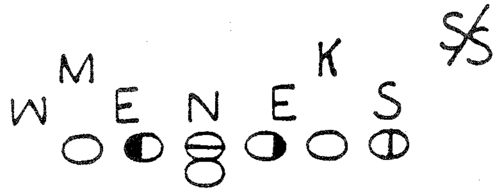
59 Gap Weak



34 Mac Over



34 Double Eagle

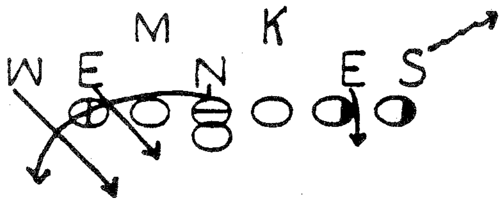


34 Bullets

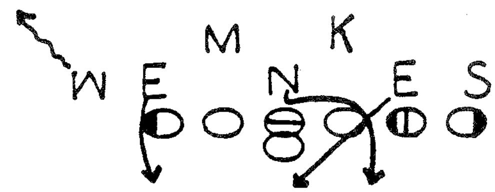


DEFENSIVE LINE STUNTS - 3 DOWN LINEMEN

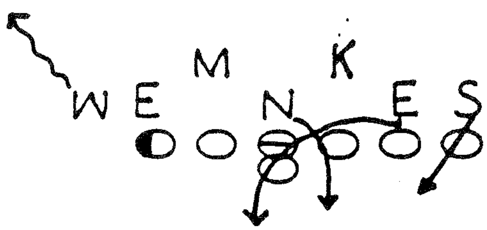
58 End - Nose Weak



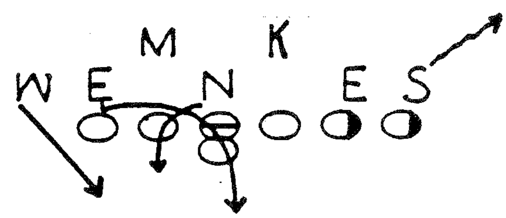
34 End - Nose



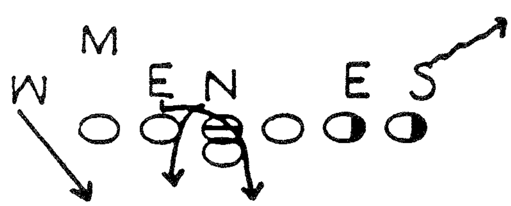
59 Nose - End



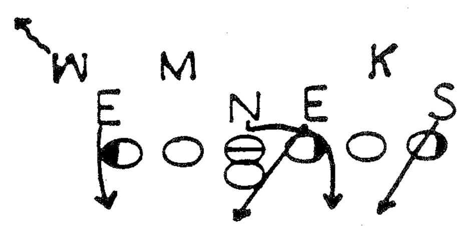
58 Nose - End Weak



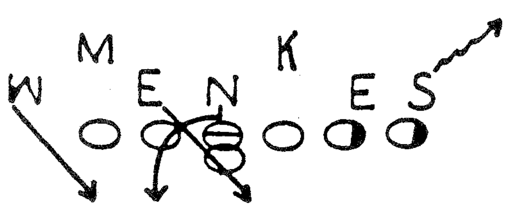
58 Weak Eagle - Nose - End Weak



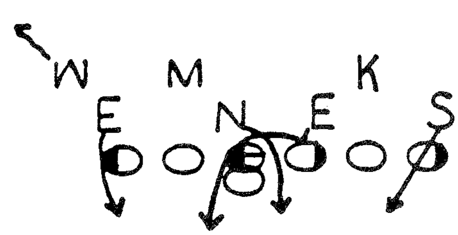
59 Eagle - End - Nose



58 Weak Eagle - End - Nose Weak

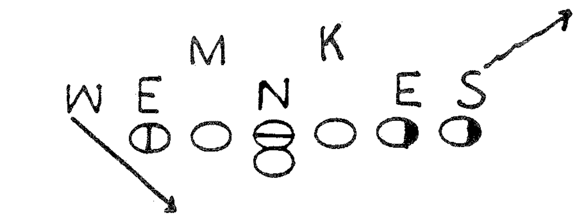


59 Eagle - Nose - End

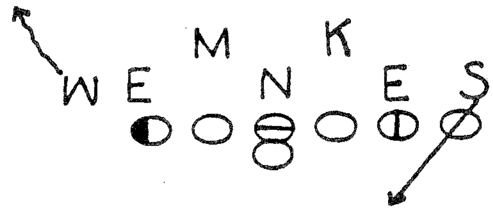


LINEBACKER "DOGS" - 34 PERSONNEL

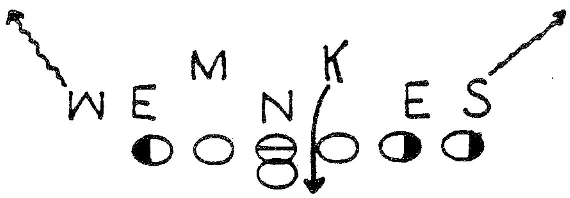
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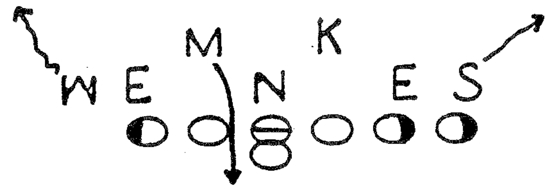
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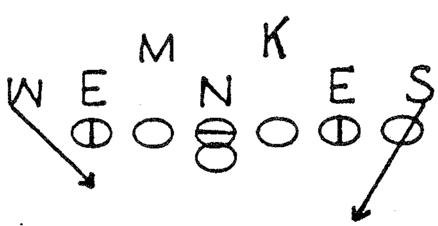
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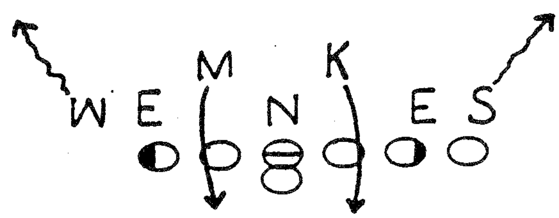
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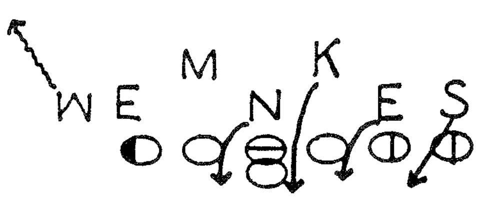
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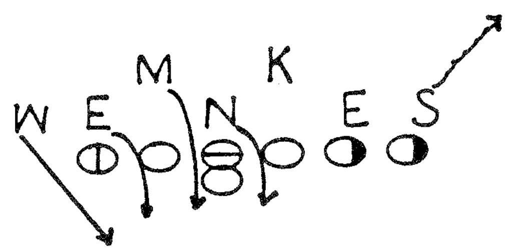
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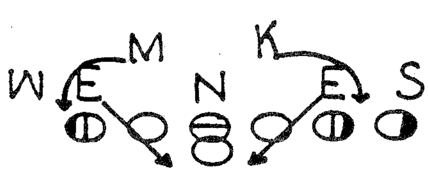
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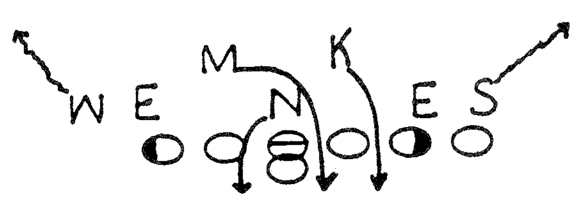
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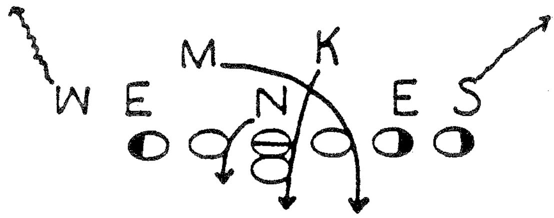
54 Outside



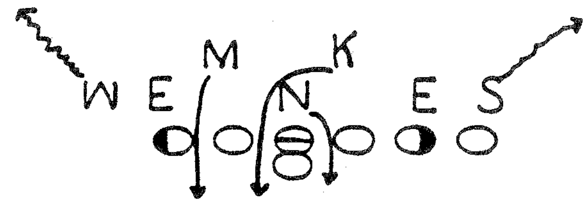
54 Strong



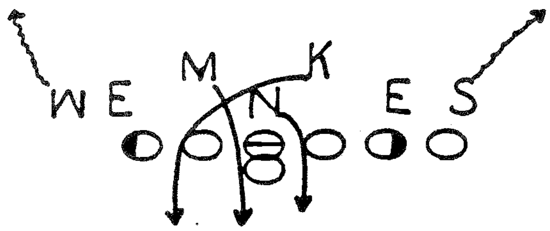
54 Strong X



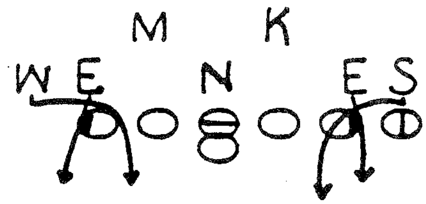
54 Weak



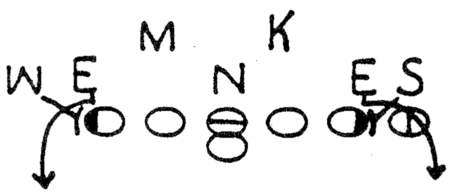
54 Weak X



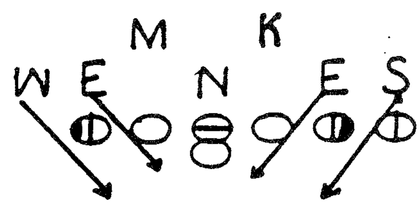
55 Sox - Box



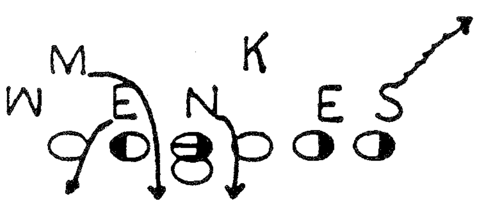
55 Sex - Bex



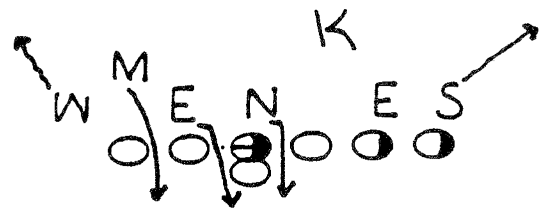
55 Ends Pinch



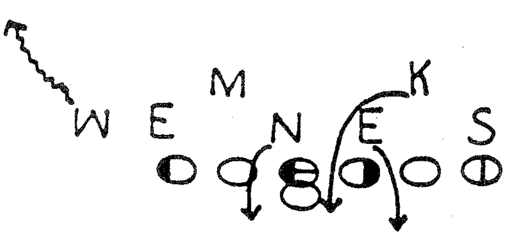
56 Weak Eagle - "A"



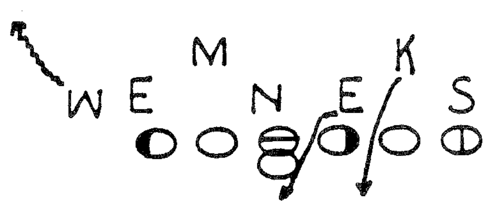
56 Weak Eagle - "B"



57 Eagle - "A"

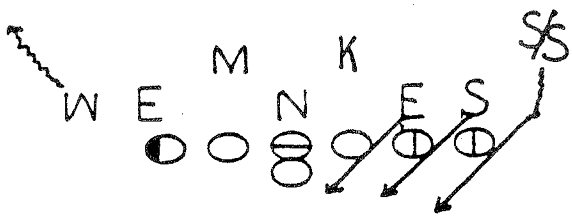


57 Eagle - "B"

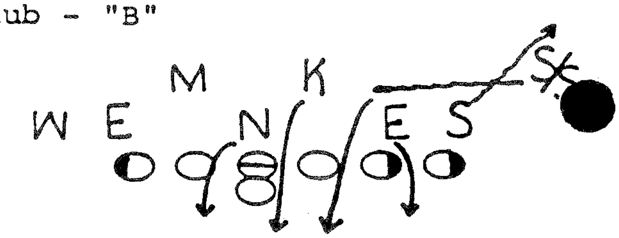


SAFETY BLITZES - 3 DOWN LINEMEN

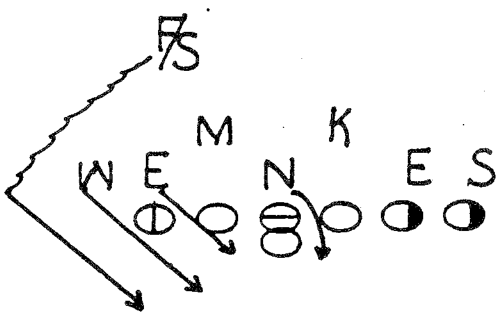
59 Stub



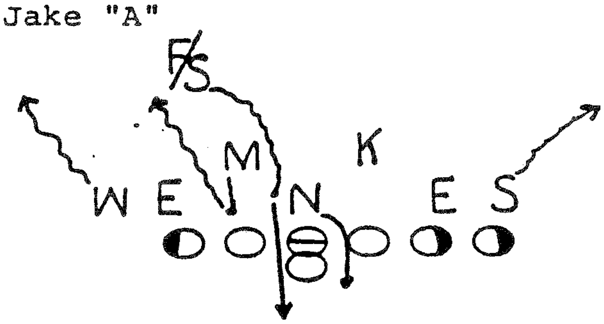
57 Stub - "B"



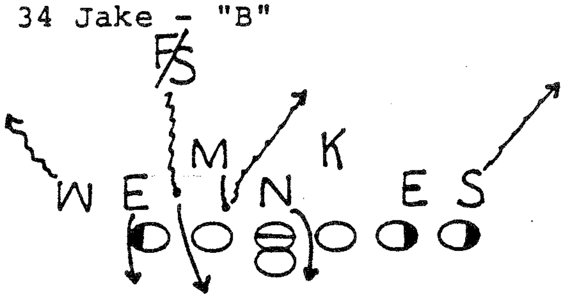
58 Jake



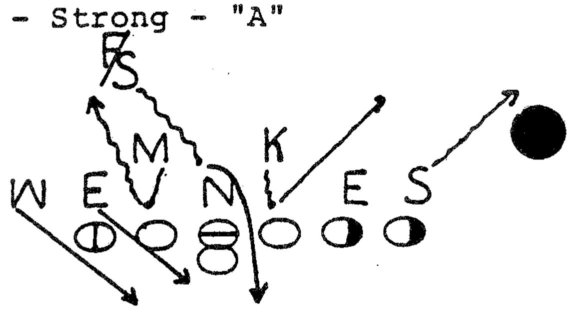
34 Jake "A"



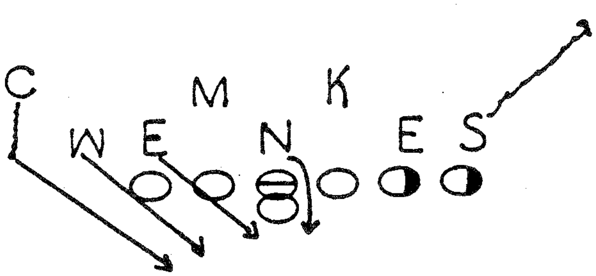
34 Jake - "B"

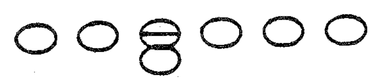


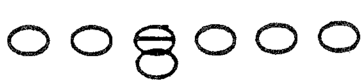
58 Jake - Strong - "A"

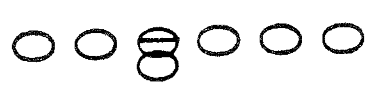


58 Weak Corner Blitz



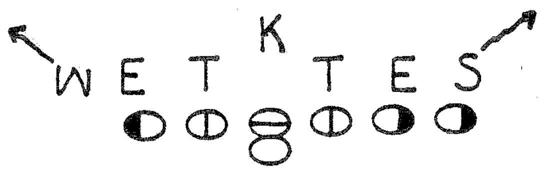




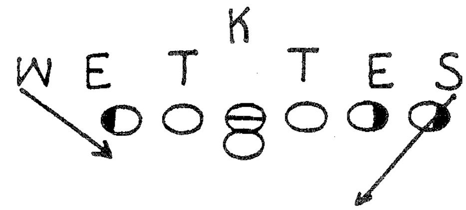


4 DOWN LINEMEN PERSONNEL - 4-3 LOOKS

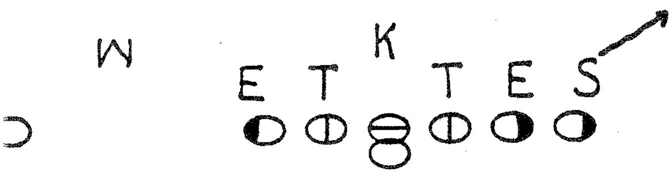
4-3



6-1



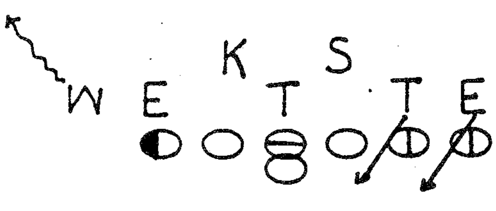
4-3 Will Walk



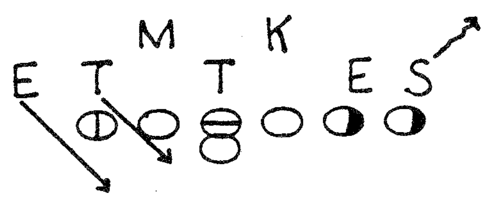
4-3 Will Out



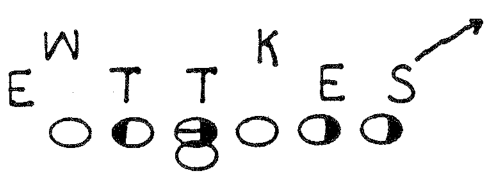
K-C Strong



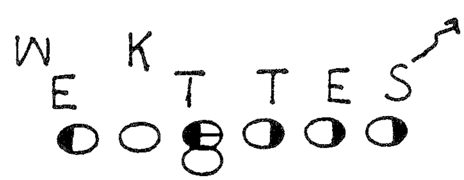
K-C Weak



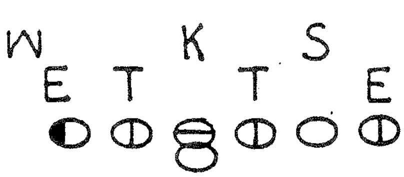
Under



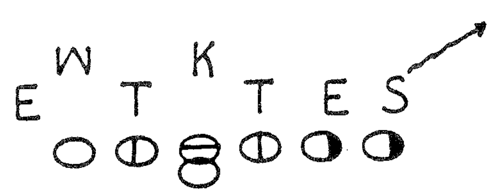
Over



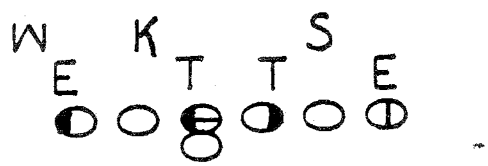
4-3 Sam X



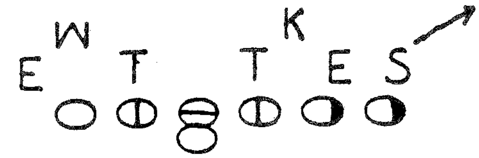
4-3 Will X



Over X



4-4



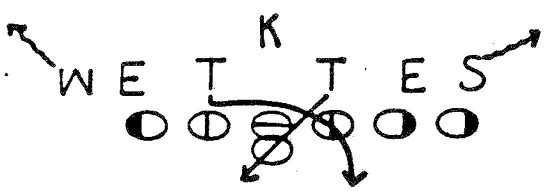
Bullets (46)



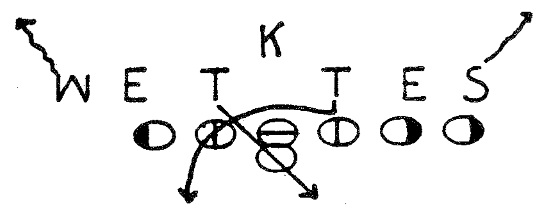


DEFENSIVE LINE STUNTS - 4 DOWN LINEMEN

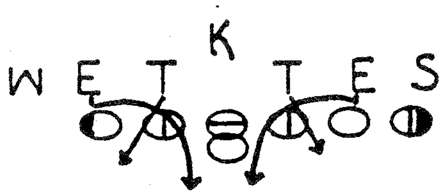
4-3 TT



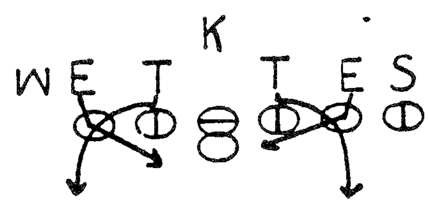
4-3 Weak TT



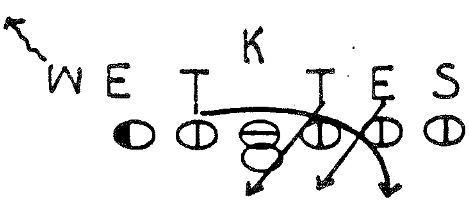
4-3 Double TE



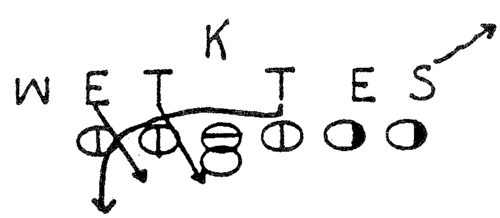
4-3 Double ET



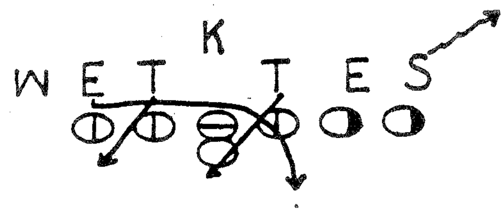
4-3 ETT (3 Man Twist)



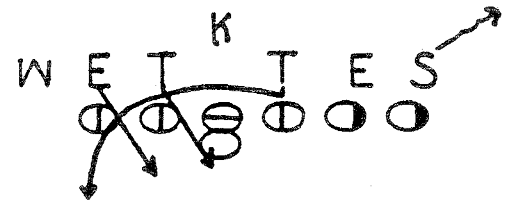
4-3 Weak ETT (3 Man Twist)



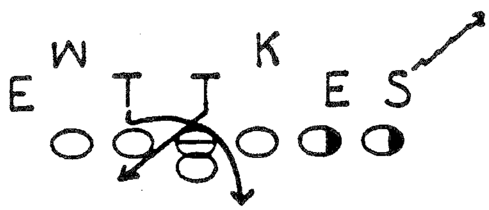
4-3 TTE (3 Man Twist)



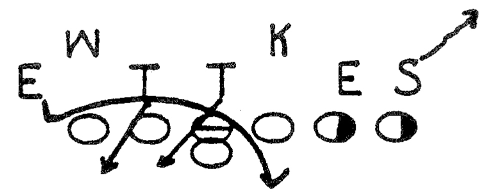
4-3 Weak TET (3 Man Twist)



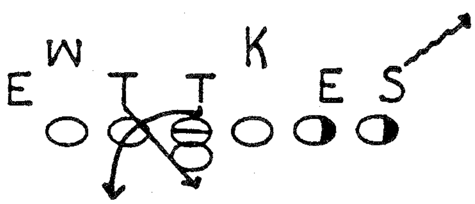
Under TT



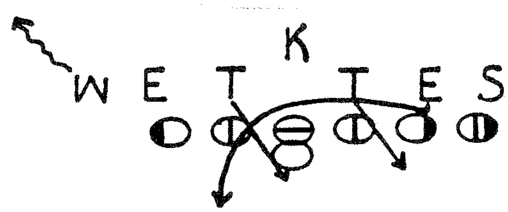
Under TTE (3 Man Twist)



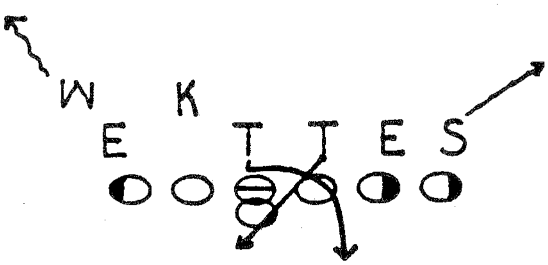
Under TT Weak



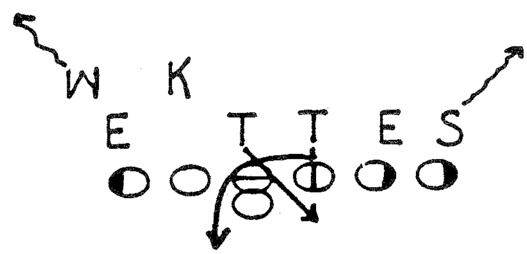
4-3 Weak TTE (3 Man Twist)



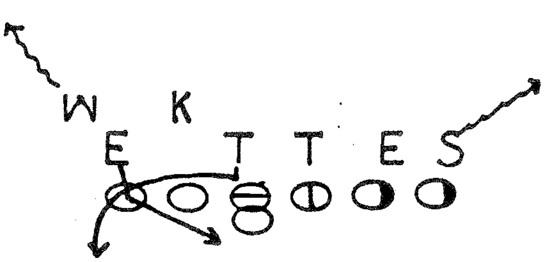
Over TT



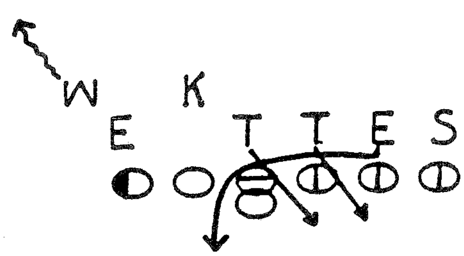
Over Weak TT



Over Weak ET



Over Weak TTE (3 Man Twist)

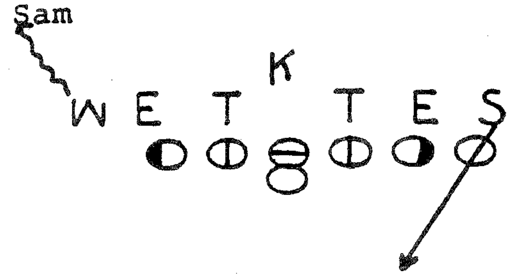


LINEBACKER "DOGS" - 4-3 PERSONNEL

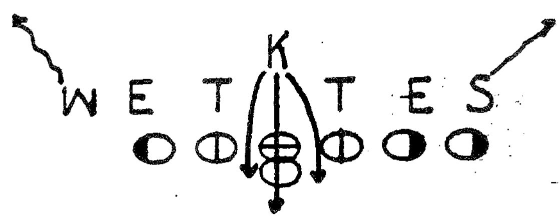
4-3 Will



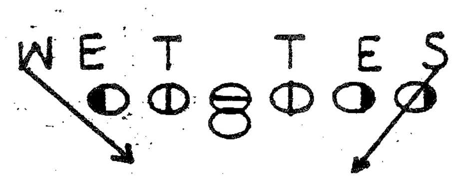
4-3 Sam



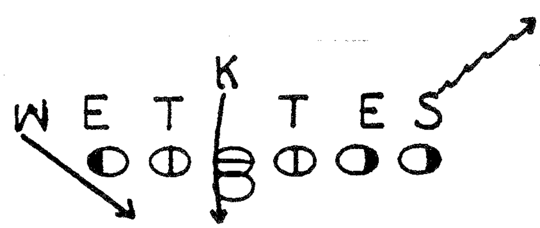
4-3 Mike



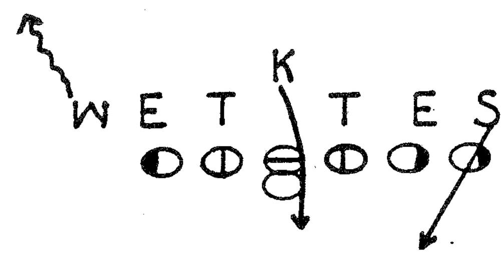
6-1 Sam-Will



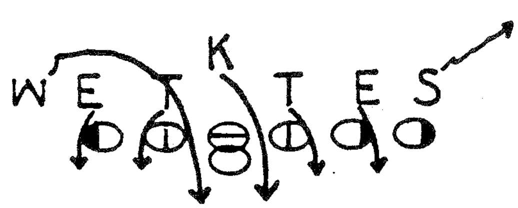
4-3 Weak Dog (Mike-Will)



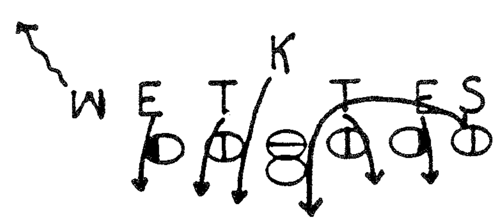
4-3 Strong Dog (Mike-Sam)



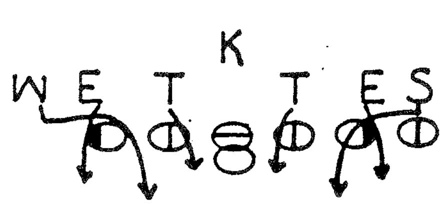
4-3 Weak Inside



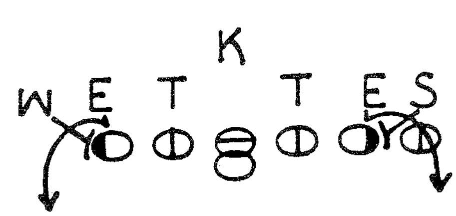
4-3 Strong Inside



6-1 Sox-Box (Tackles Pinch)

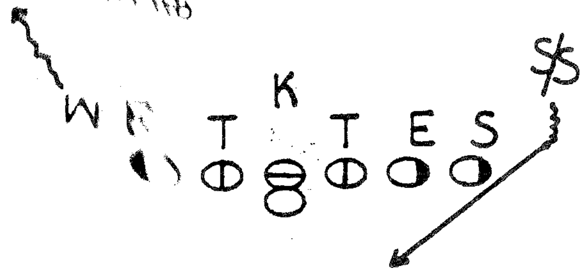


6-1 Sex-Bex

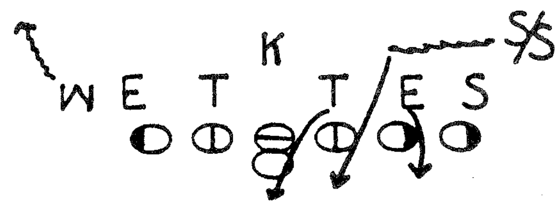


SAFETY BLITZES - 4 DOWN LINEMEN

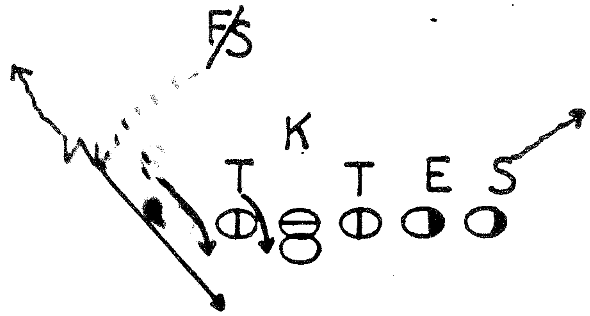
4-1 [illegible]



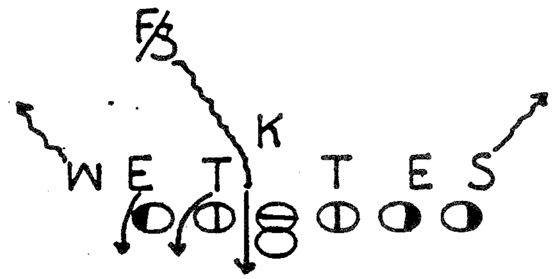
4-3 Stub - "B"



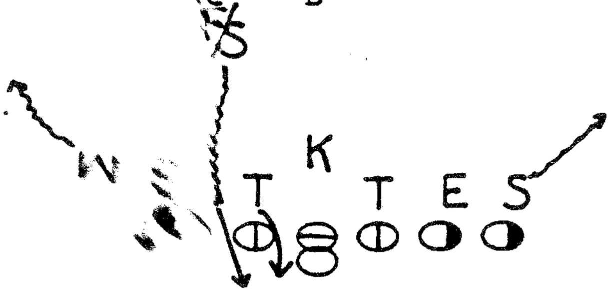
4-3 [illegible]e



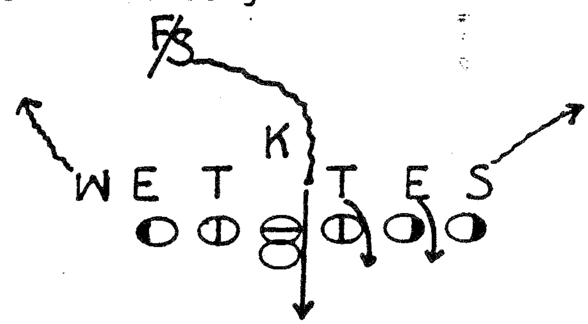
4-3 Jake - "A"

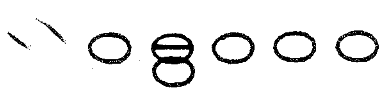


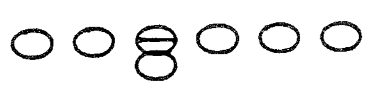
4-3 [illegible]e - "B"

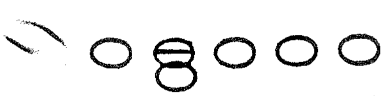


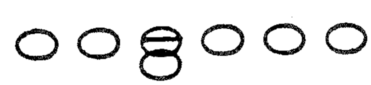
4-3 Jake - Strong "A





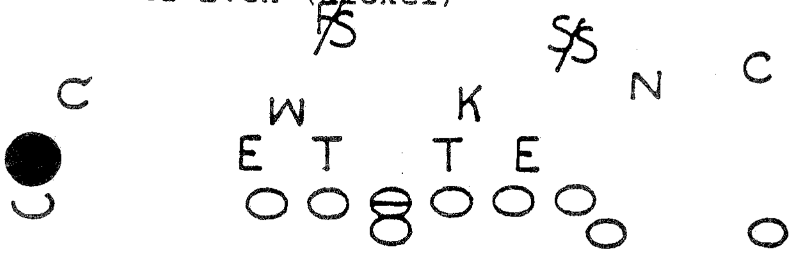




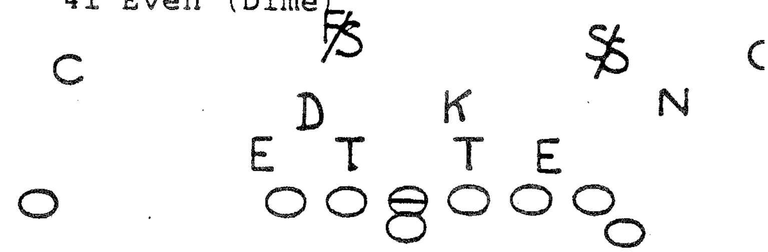


NICKEL; DIME; QUARTER LOOKS

42 Even (Nickel)



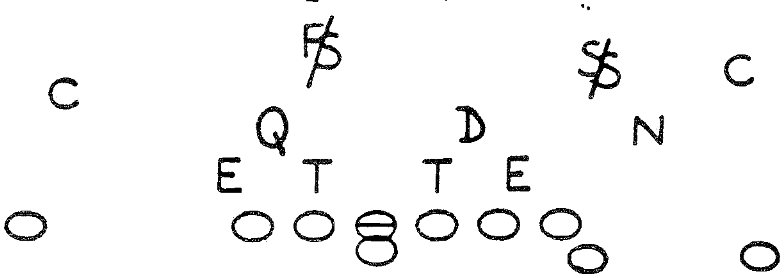
41 Even (Dime)



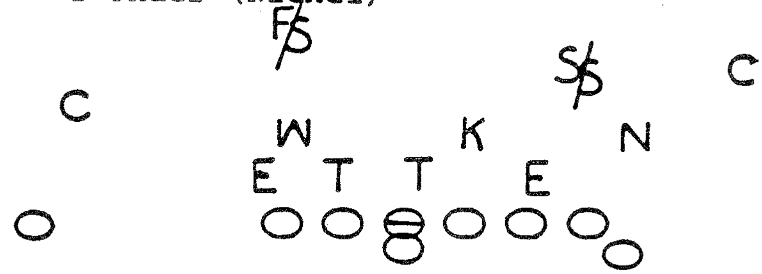
NICKEL - 2 linebackers in game;
QUARTER - No linebackers in game!

DIME - 1 linebacker in game

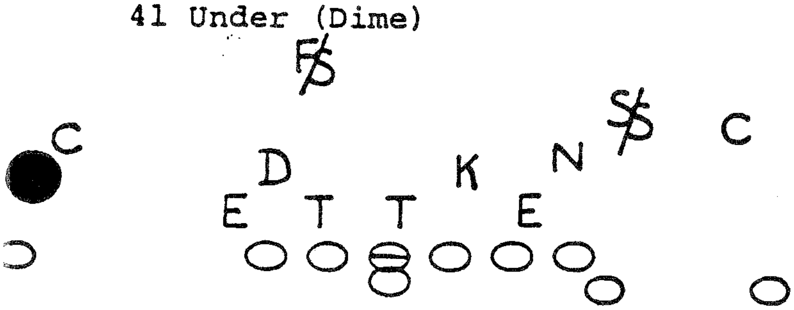
40 Even (Quarter)



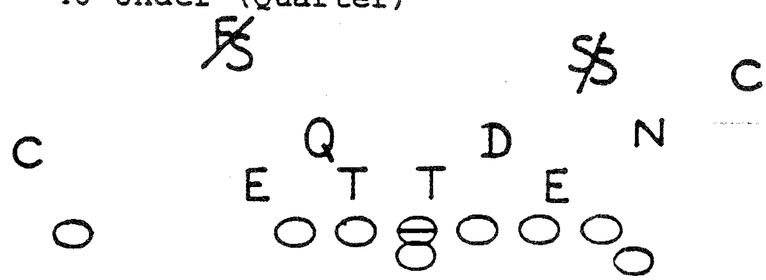
42 Under (Nickel)



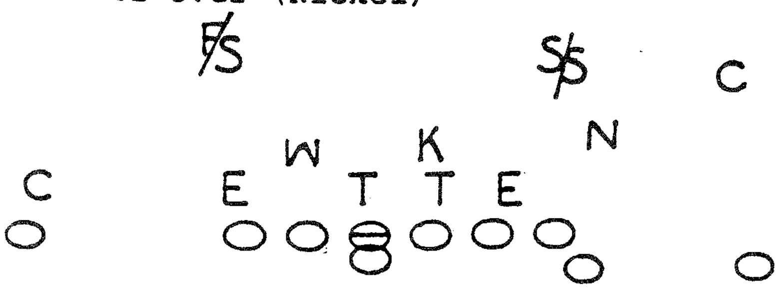
41 Under (Dime)



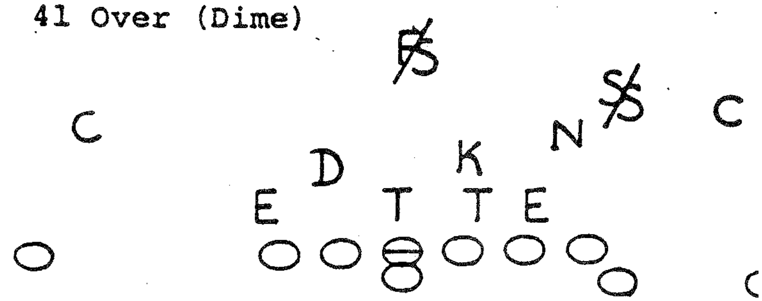
40 Under (Quarter)



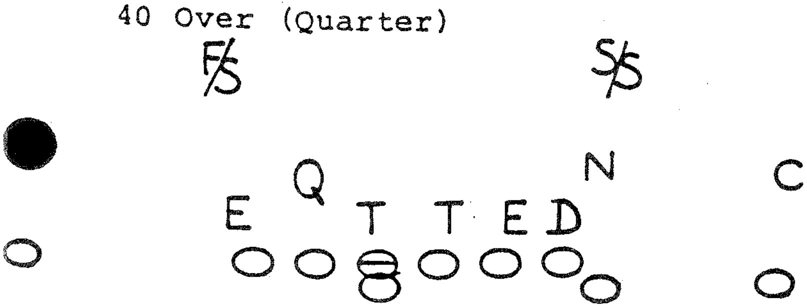
42 Over (Nickel)



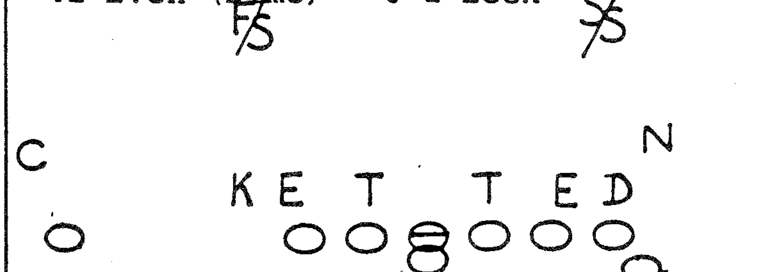
41 Over (Dime)



40 Over (Quarter)

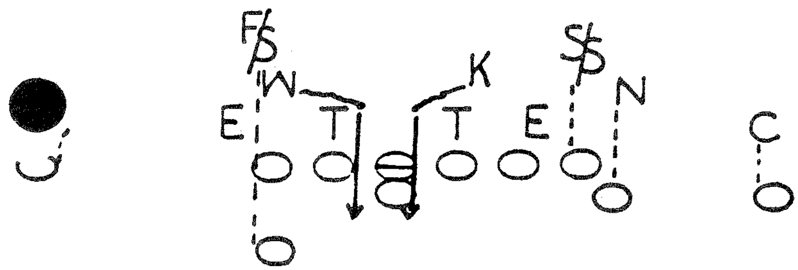


41 Even (Dime) - 6-1 Look

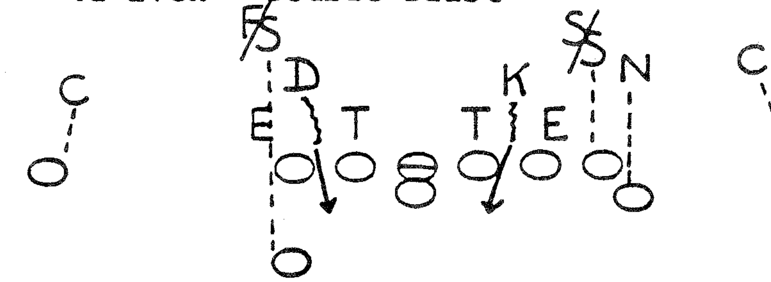


BLITZES - NICKEL: DIME: QUARTER LOOKS

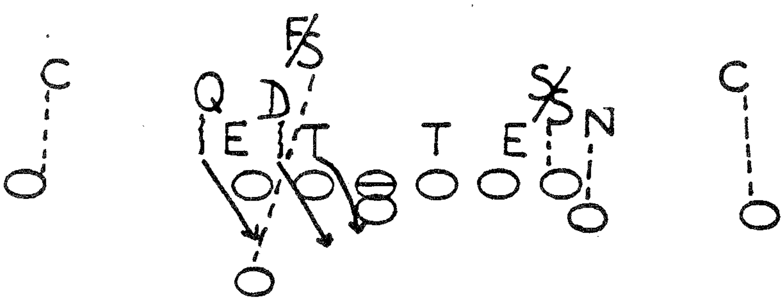
42 Even - Double Blow



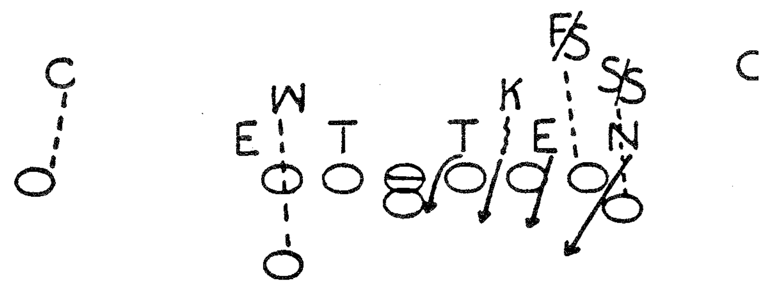
41 Even - Double Blast



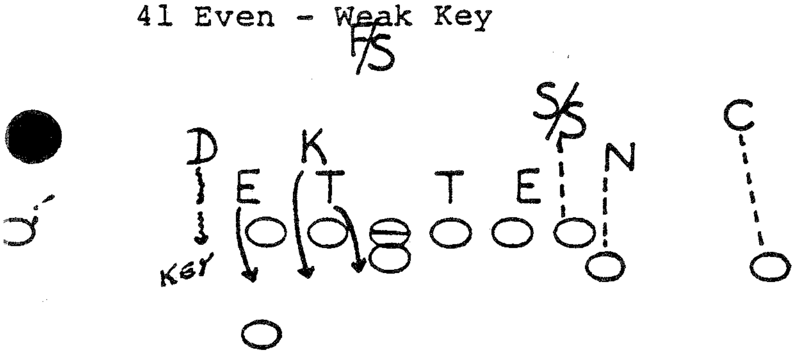
40 Even - 4 Weak Blitz



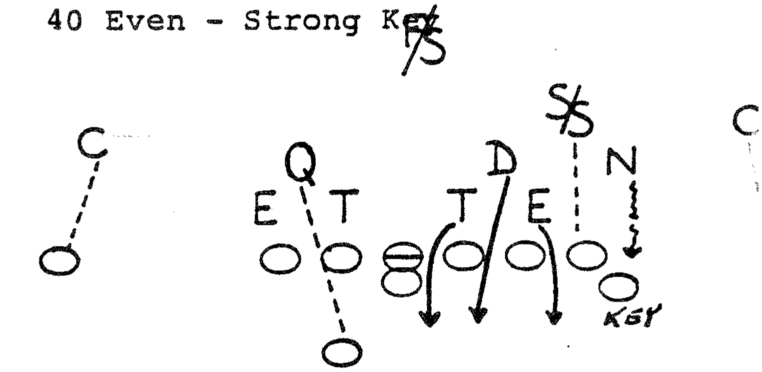
42 Even - 4 Strong Blitz



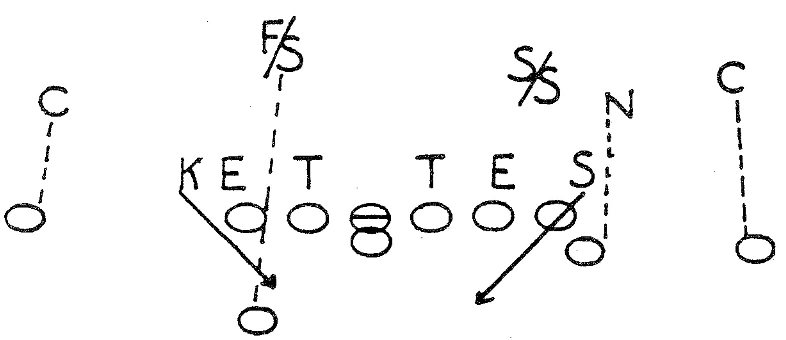
41 Even - Weak Key



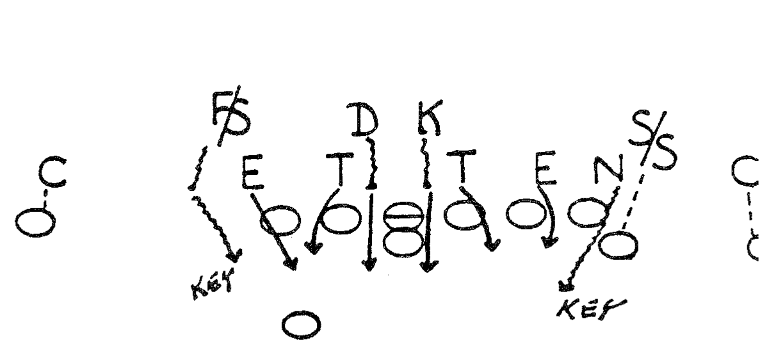
40 Even - Strong Key



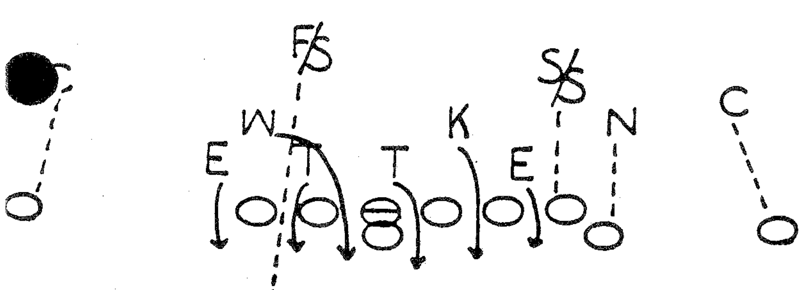
42 Even (6-1 Blitz)



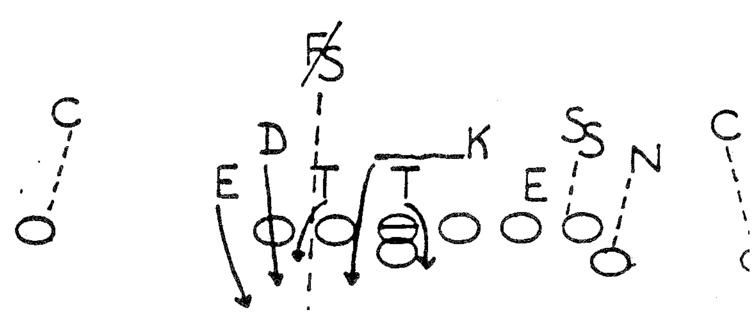
41 Even - Key



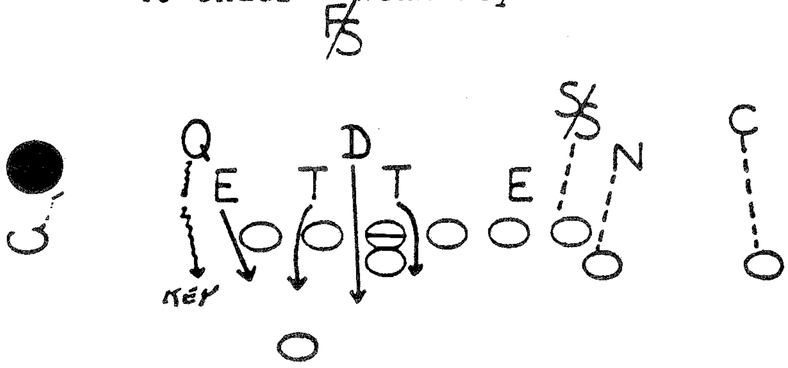
42 Under - Blast Weak Blow



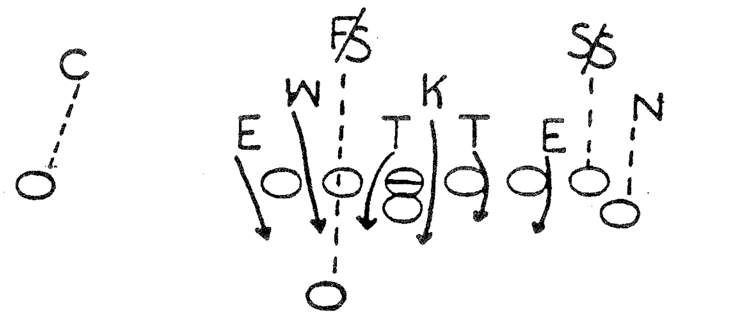
41 Under - 4 Weak Blitz



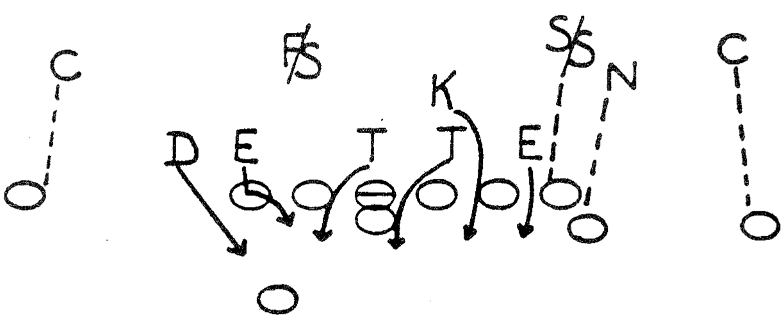
40 Under - Weak Key



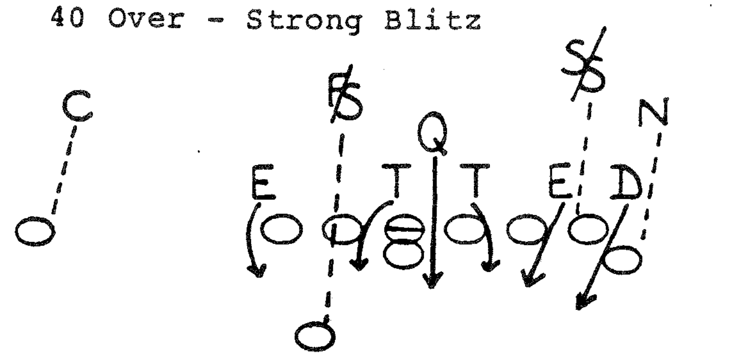
42 Over - Blast Weak Blow



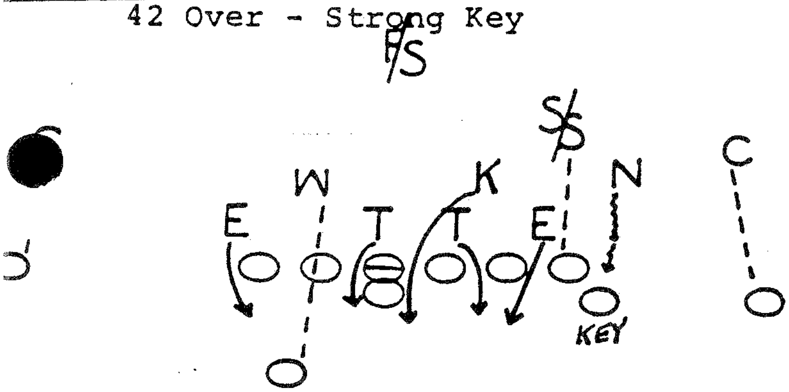
41 Over - Blast

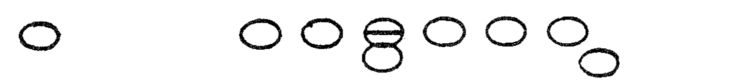


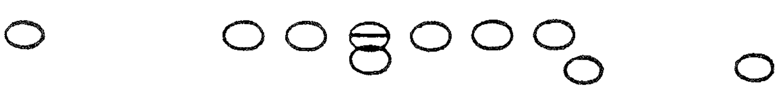
40 Over - Strong Blitz

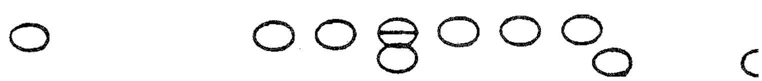


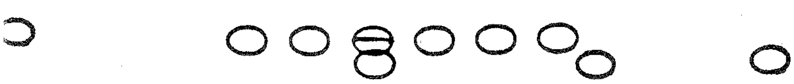
42 Over - Strong Key

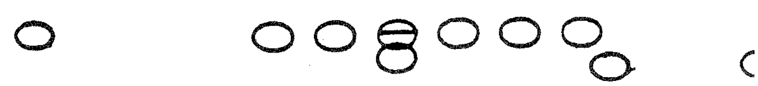




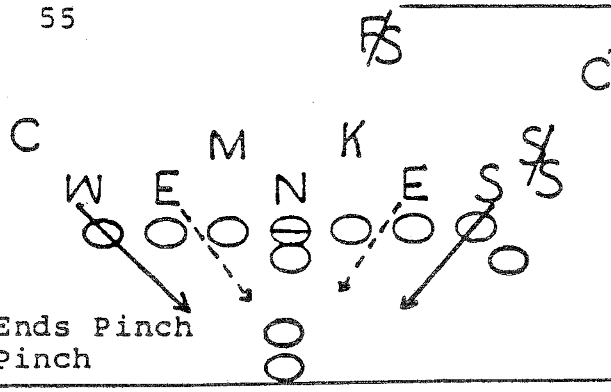






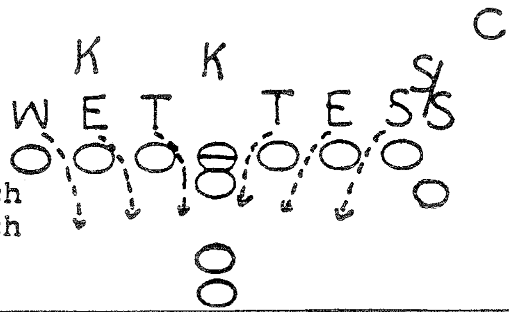


55



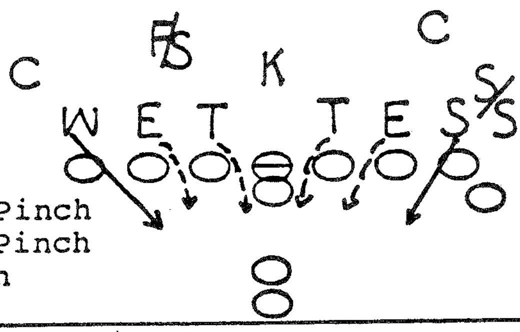
-55 Ends Pinch
-55 Pinch

SUB 6-1



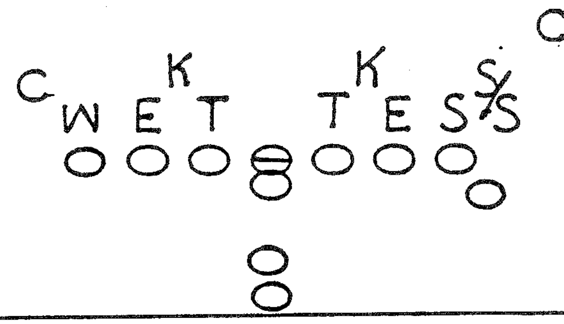
A-T's Pinch
B-E's Pinch
C-Pinch

6-1

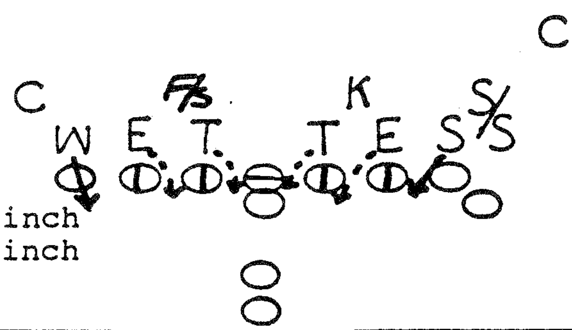


-T's Pinch
-E's Pinch
-Pinch

SUB 6-2

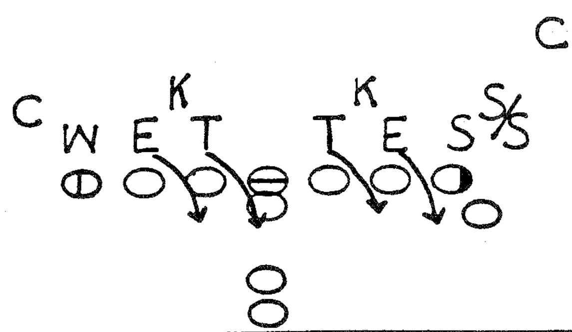


6-2

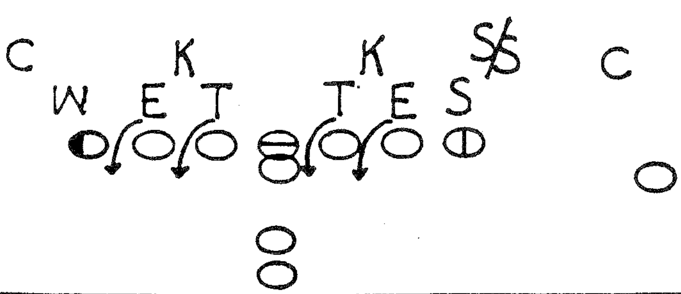


-T's Pinch
-E's Pinch
-Pinch

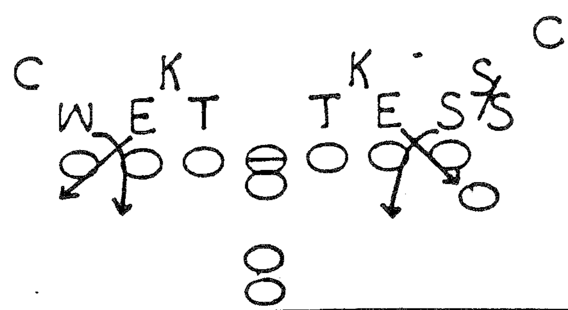
SUB 6-2 ANGLE (STRONG)



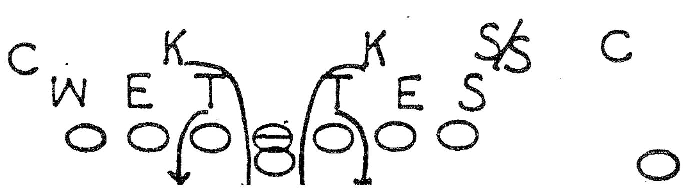
SUB 6-2 SLANT (WEAK)



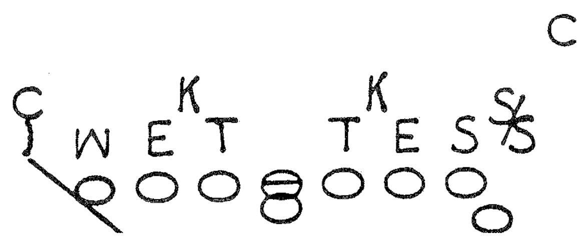
SUB 6-2 SOX - BOX



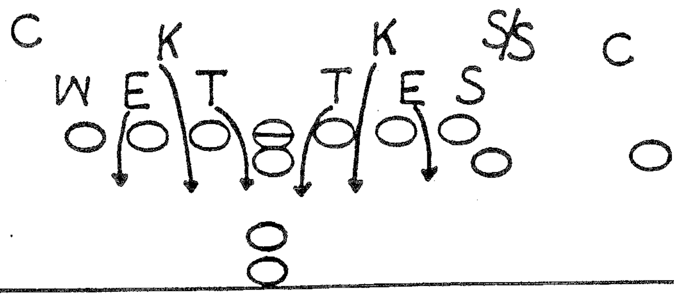
SUB 6-2 DOUBLE BLOW



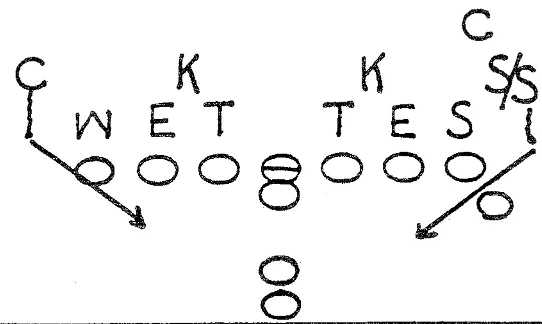
SUB 6-2 WEAK CORNER FIRE

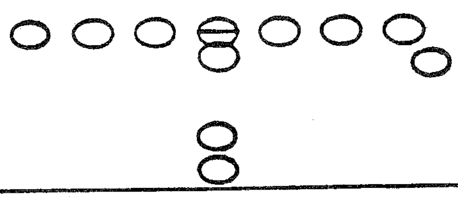


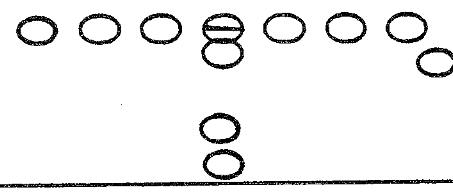
SUB 6-2 DOUBLE BLAST

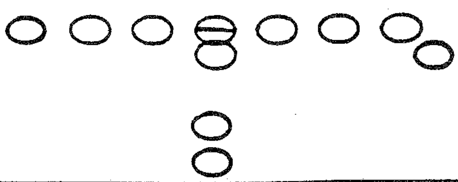


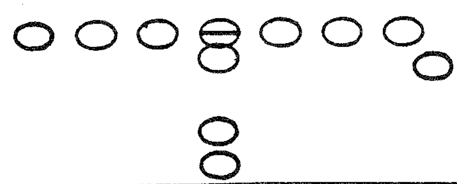
SUB 6-2 DOUBLE FIRE

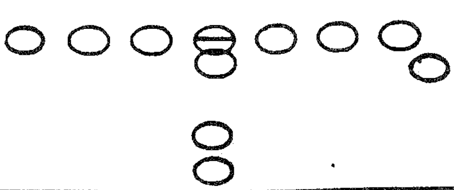


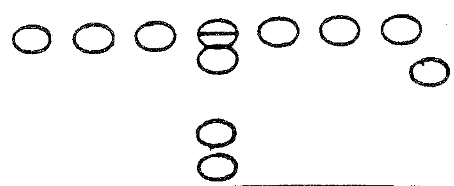


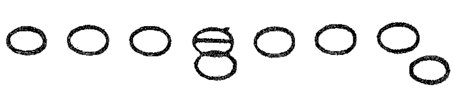


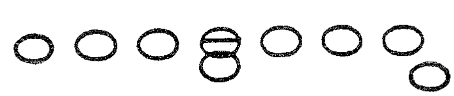












DEFENSIVE TERMS

COVERAGES

COVER 1 = Man Under 2 Deep

(1) Spec - Inside technique by corner with deep help.

(2) Vise - Corners on outside technique with inside help.

COVER 2 = Strong Zone

(1) S - Safety support

(2) C - Corner support

(3) B - Backer support

COVER 3 = Man with a Safety Free

COVER 4 = Weak Zone

(1) S - Safety support

(2) C - Corner support

(3) B - Backer support

COVER 5 = Strong Combo

(1) Spec - Double on outside receiver with corner on inside technique.

(2) Vice - Double on outside receiver with corner on outside technique.

(3) Pinch - Double on #2 receiver.

(4) Clamp - Double on #3 receiver.

(5) Stud - Weakside double on outside receiver between weak corner and Will

COVER 6 = 5 Under 2 Deep Zone

COVER 7 = Weakside Combo

(1) Spec - Double on outside receiver with corner on inside technique.

(2) Vice - Double on outside receiver with corner on outside technique.

(3) Taxi - Double on #2 receiver.

(4) Stud - Strongside double on outside receiver between corner and Sam LB'er.

COVER 9 = Man Under 3 Deep

NOTES: Nickel coverage will be called with 2 numbers:

(1) 2/4 which tells you strongside and weaksize zone supports.

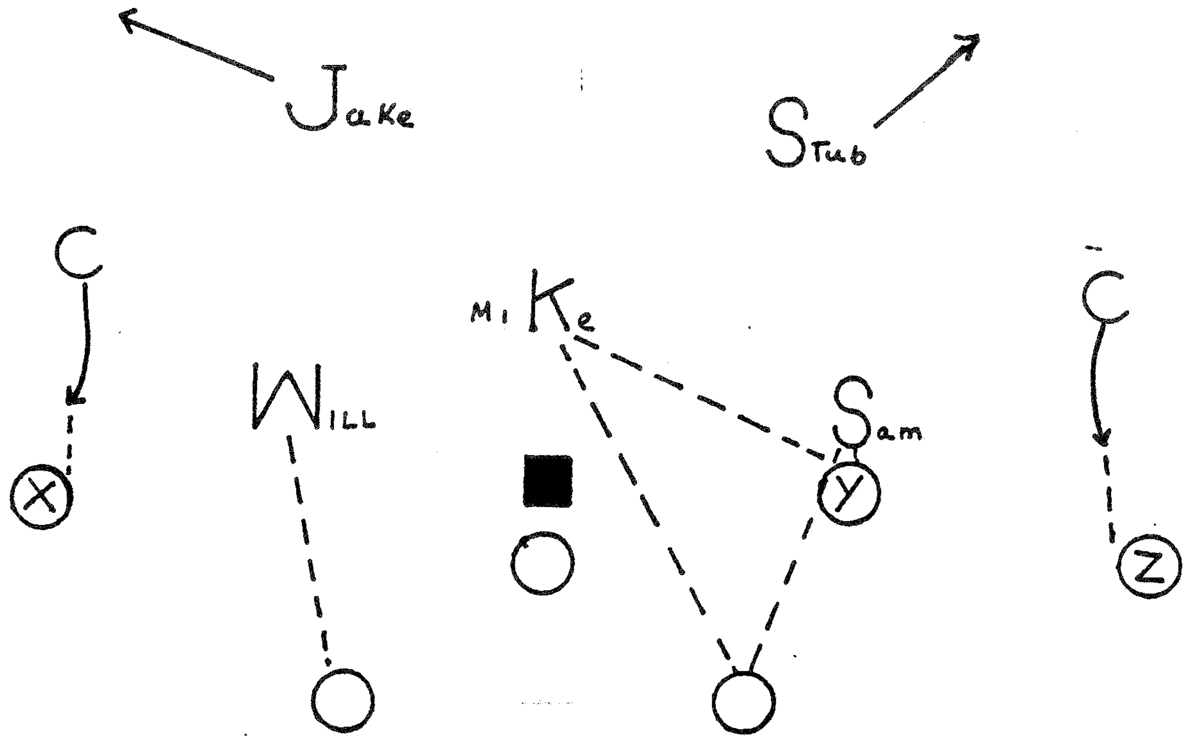
(2) 5/7 which tells you strongside and weakside man coverages.

NOTES: Zone = even numbers (2-4-6)

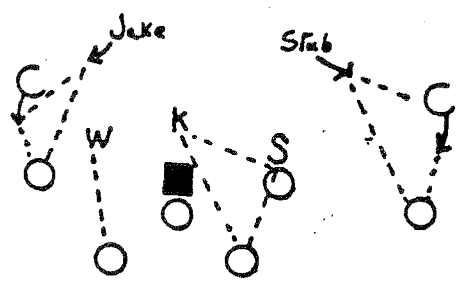
Man = odd numbers (1-3-5-7-9)

Cover 1 Spec

Cover 1
5 under man
2 deep



Cover 1 Vice

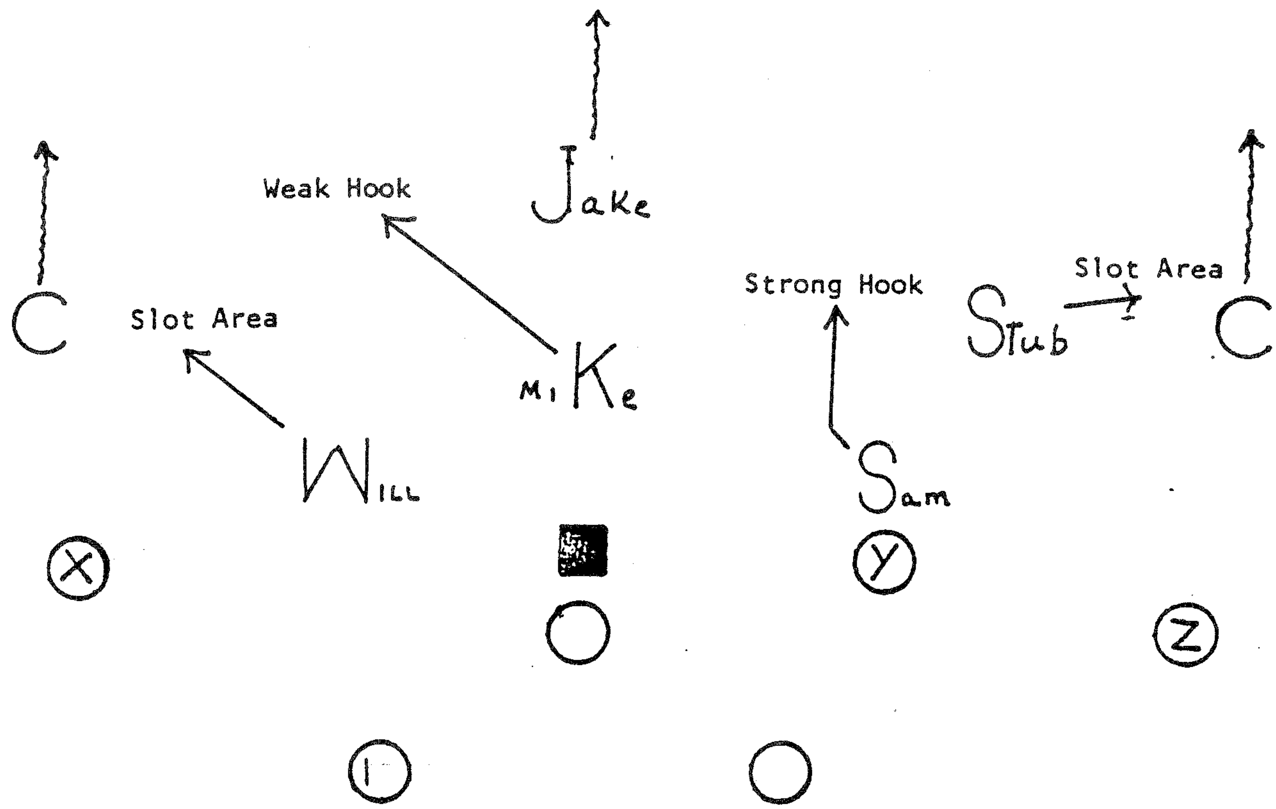


(1) Spec=Inside technique by corners.

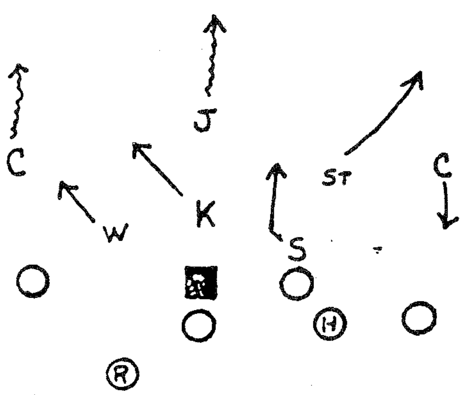
(2) Vice =Outside technique by corner with inside help.

COVER 2
Strong Zone

2-S (Safety)



2C



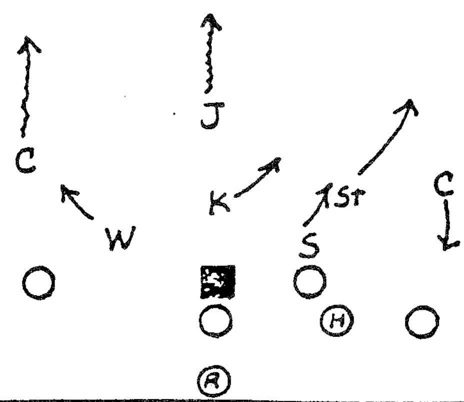
2S = Safety Support

2B = Backer Support

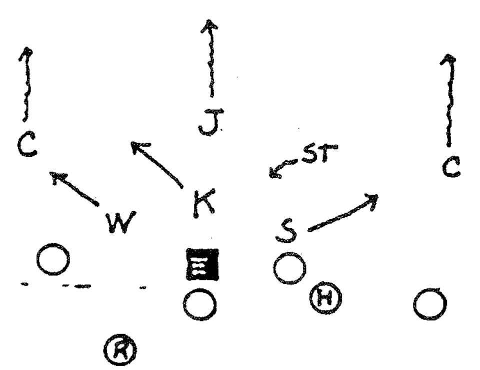
2C = Corner Support

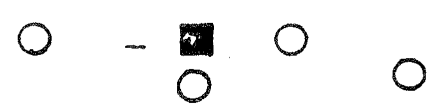
Slide= Mike & Sam Strong

2C (Slide)



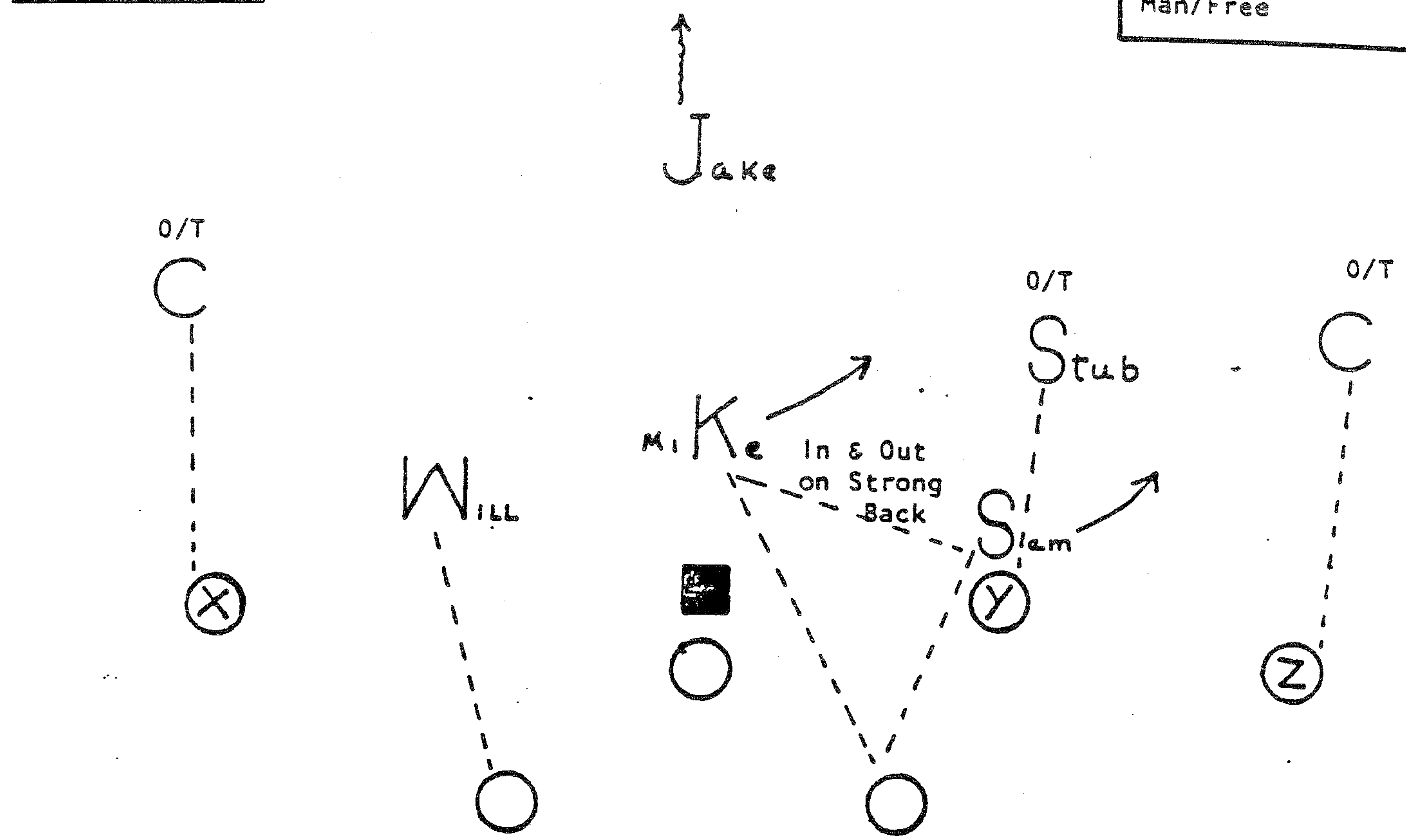
2B





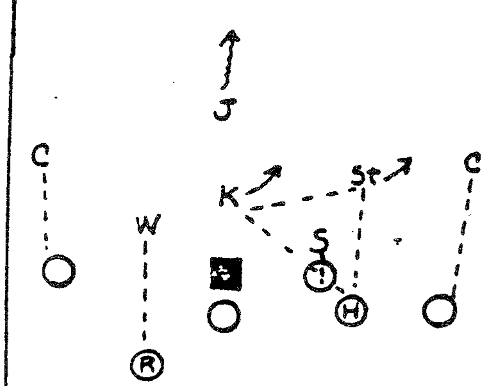
COVER 3
Man/Free

Cover 3 Clamp

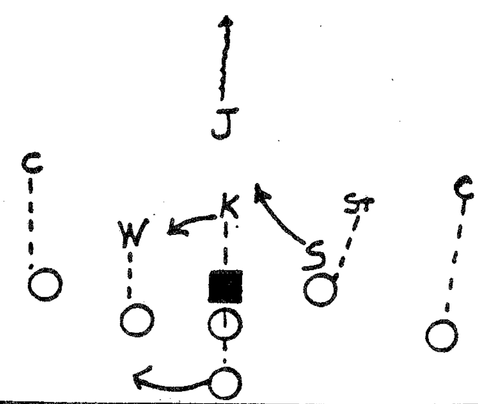


LBers can double any inside receiver

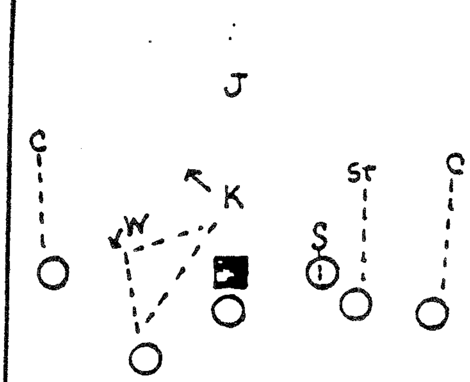
3Pinch Vs. Trips



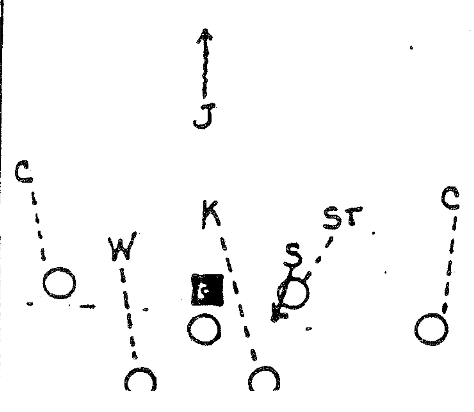
Cover 3 Vs. LO



Cover 3 Taxi



Cover 3 W/Sam Blitz



* Corners can Press Wide Receivers

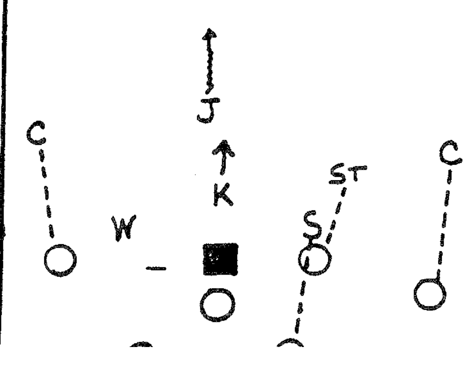
(1) Clamp=Double on #3 receiver to strong side.

(2) Pinch=Double on #2 receiver to strong side.

(3) Vice = Double on the outside receiver.

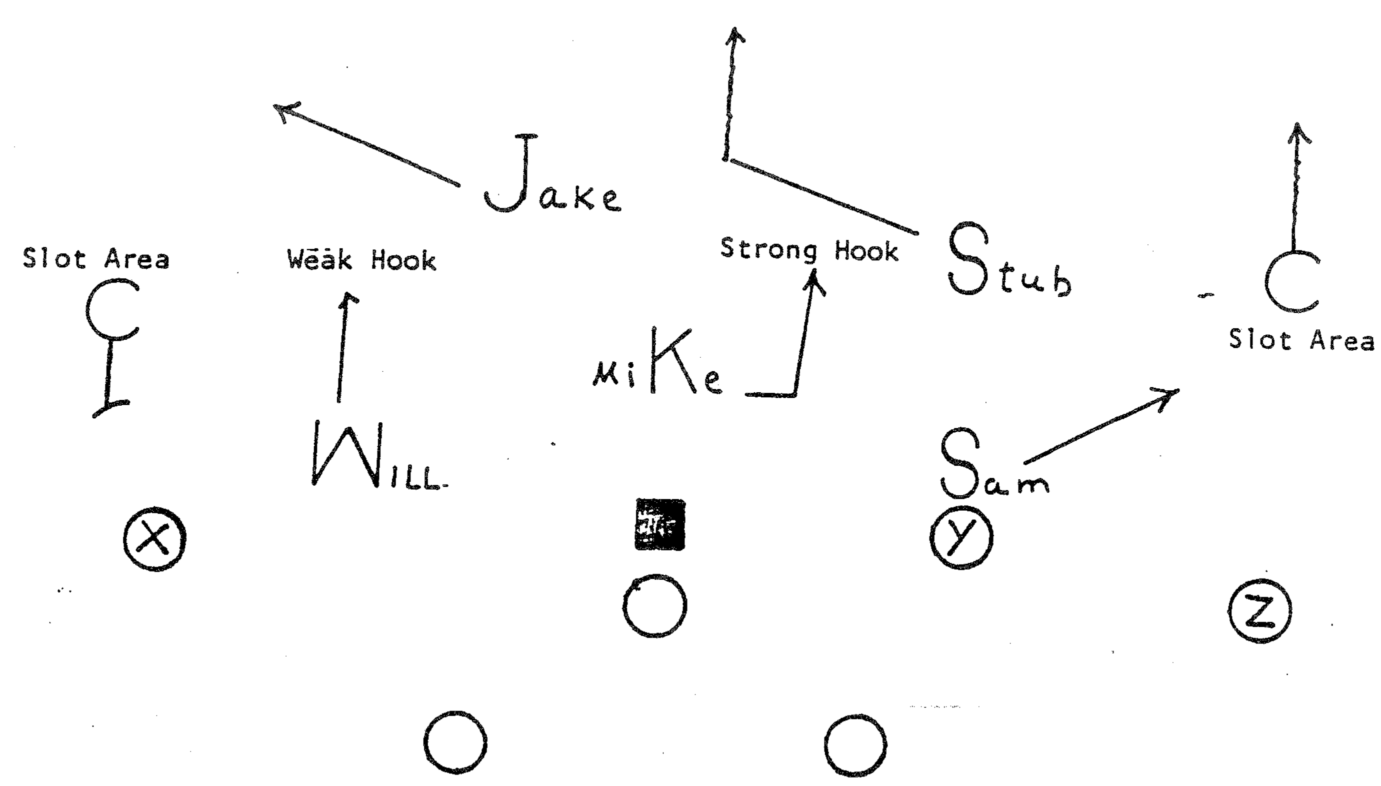
(4) Taxi = Double on #2 receiver to weak

Cover 3 Mike Free

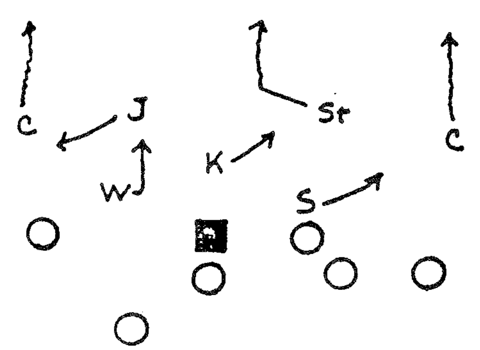


COVER 4
Weak Zone

4-C (Corner)



4 Safety (S)

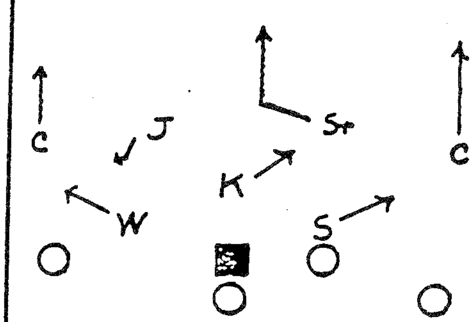


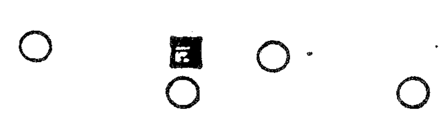
4-C = Corner Support

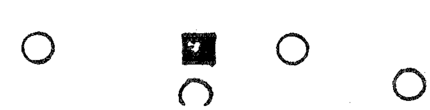
4-S = Safety Support

4-B = Backer Support

4-Backer (B)



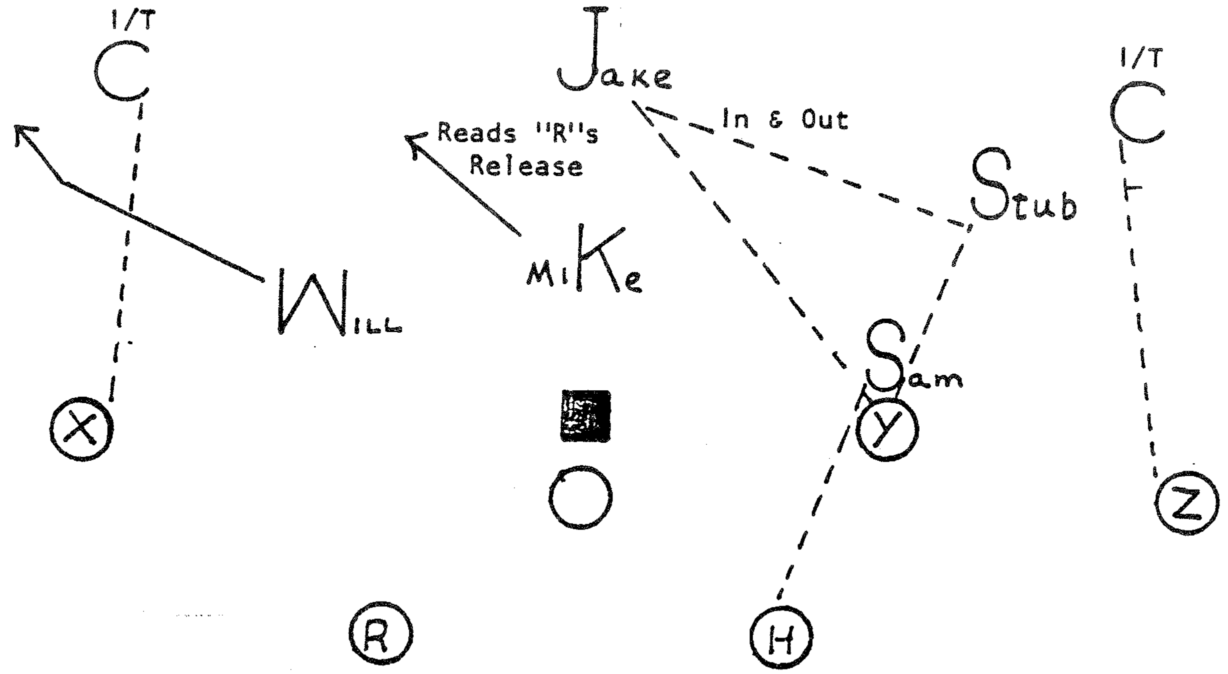




Cover 5 Pinch

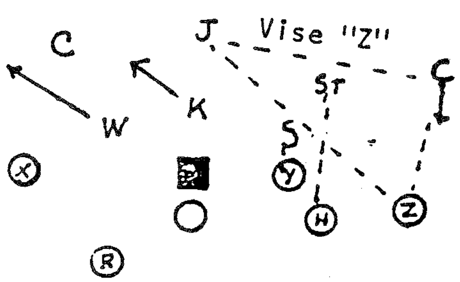
double on "H" Middle Receiver.

Cover 5
Strongside
Combo with Stud
Weak Side



Cover 5 Vice

double widest Receiver



(1) Pinch=Double #2 receiver strong side.

(2) Vice =Double on outside receiver strong side. Corner usually on outside technique.

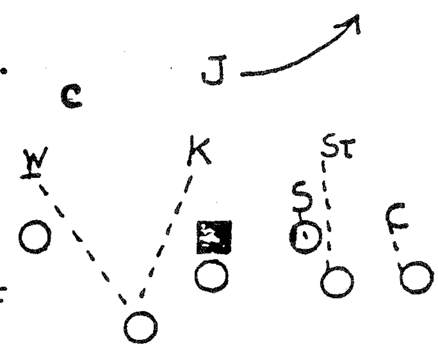
(3) Spec-Double on outside receiver strong side with corner on inside technique.

(4) Clamp=Double on #3 receiver strong side

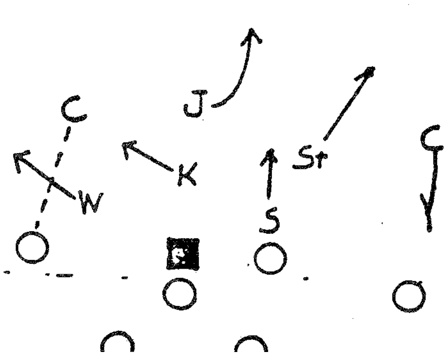
(5) 5C-Strong side corner Zone.

(6). Stud=Weak side Double on outside receiver.

Cover 5 Spec Will Out

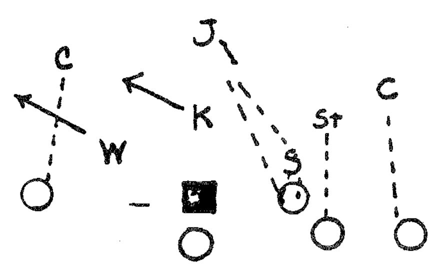


Cover 5 C



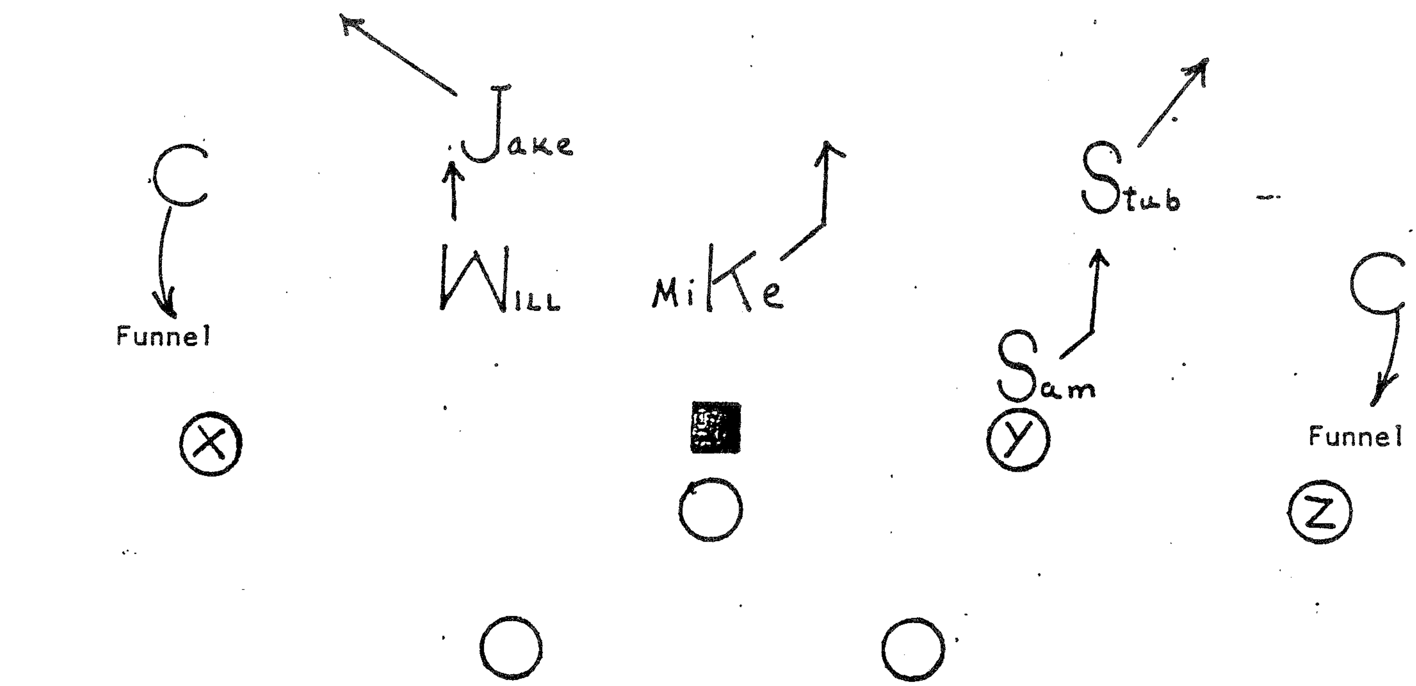
Cover 5 Clamp On Y

double on the Tight End

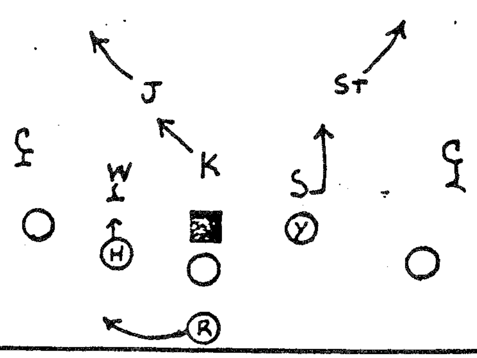


Cover 6 "02"

Cover 6
5 Under 2 Deep
Zone



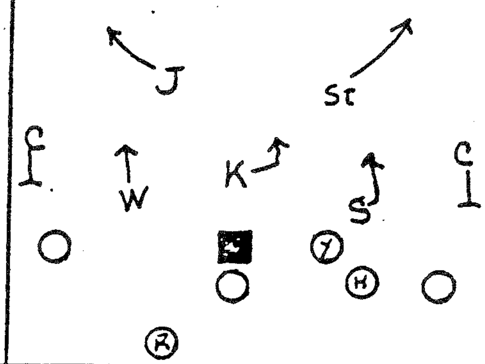
Cover 6 vs. LO

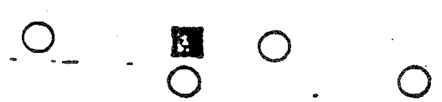


NOTE: Corners will cushion off, If nothing in the flat
LBers can play man for man on inside vertical

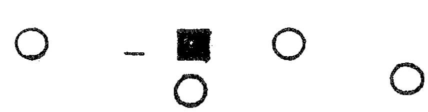
Zelda - Zone coverage with no man for man on verticals.

Cover 6 Vs. Trips



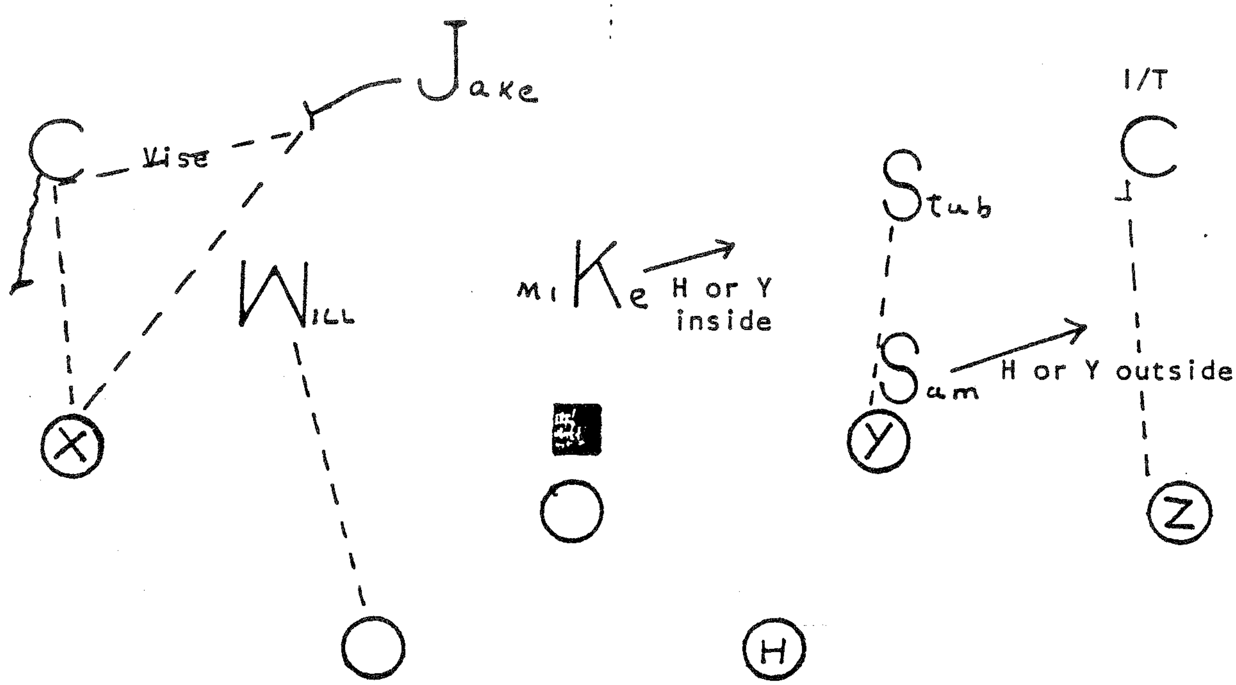


6 = double cloud"

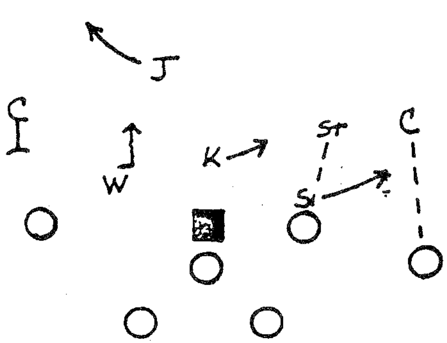


Cover 7 Vice

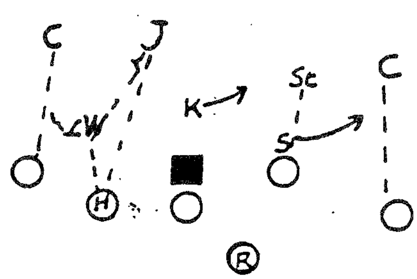
Cover 7
Weak Combo



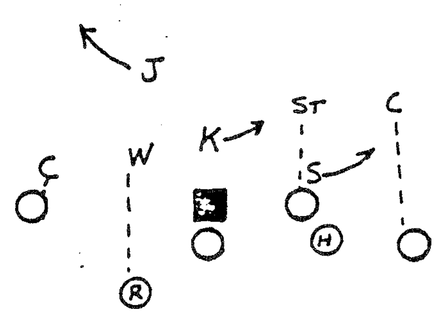
Cover 7 C (Zone Weak)



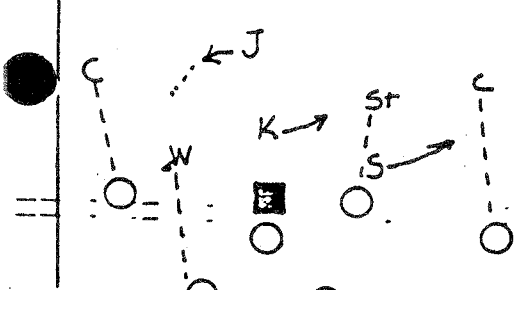
Cover 7 Taxi



Cover 7 Spec

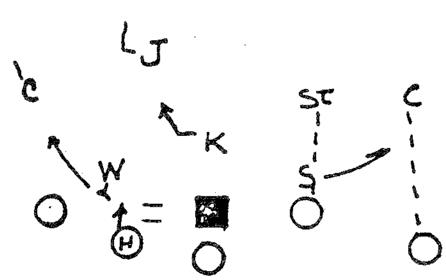


Cover 7 no weakside call
Short & deep Vise



(1) Vice=Double on outside receiver weakside. Corner outside technique.
(2) C=Weakside corner rotation with stud strongside.
(3) Taxi=Double on #2 weakside.
(4) Spec=Double on outside receiver weakside. Corner on inside technique.
(5) Stud=Strongside

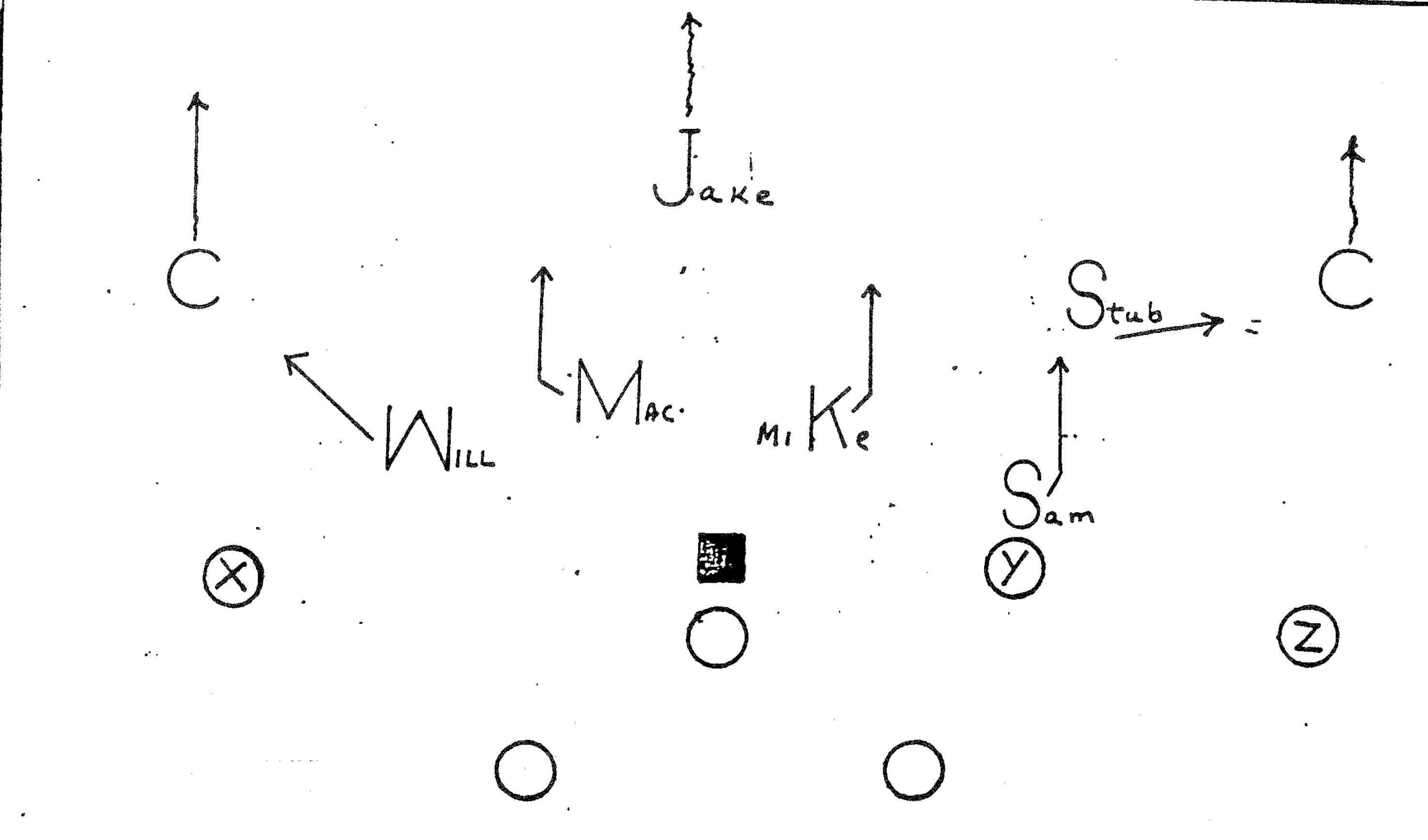
Cover 7 vs. LO (Spread)
2 Short
2 Deep



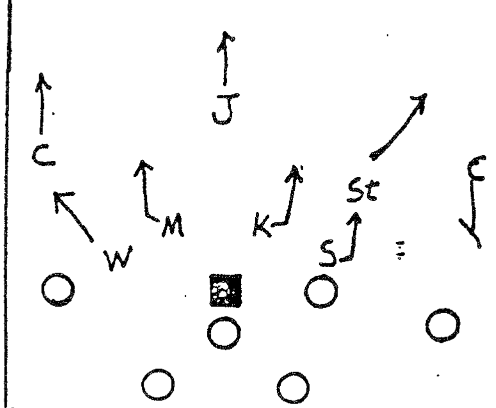
Cover 2-S (Safety)

34 COVERAGES

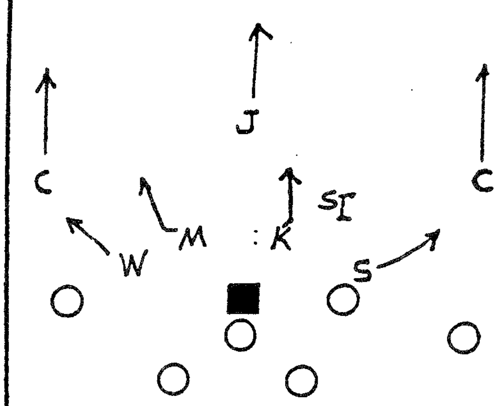
34 Cover 2
Strong Zone



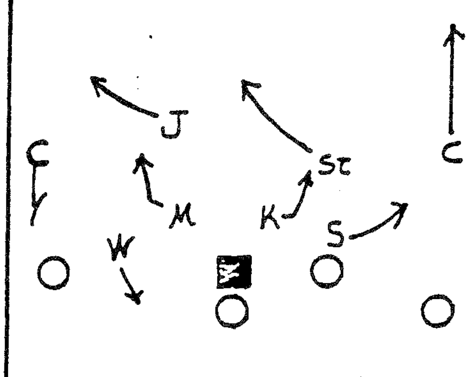
34 2C



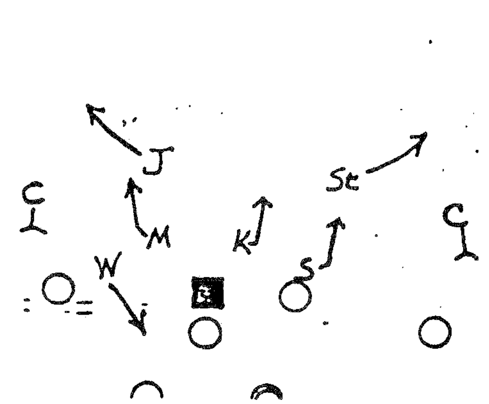
34 2B



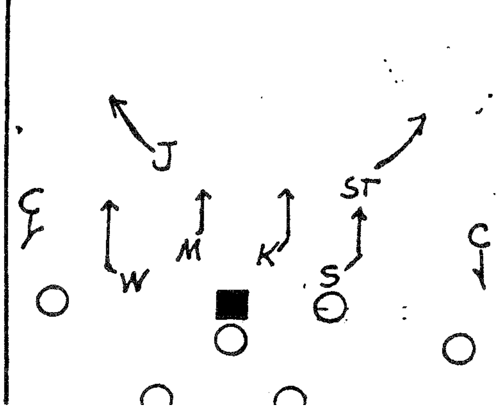
58 4C



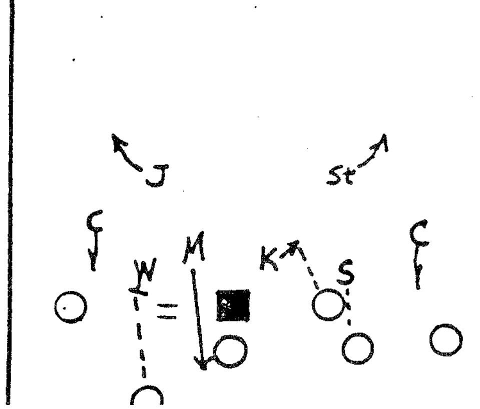
58 COVER 6



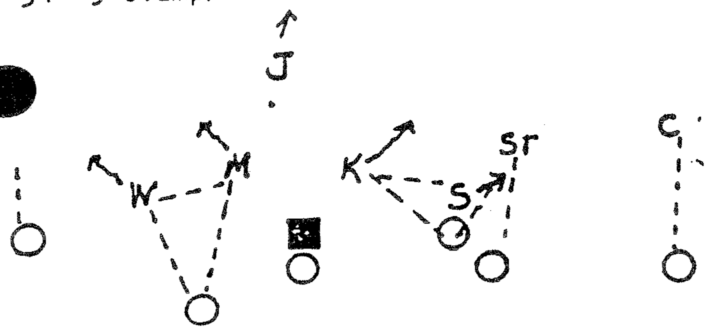
6 Zelda (All Zone)



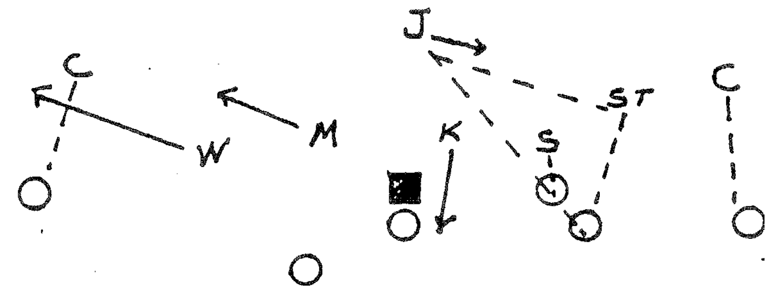
56 Cover 1



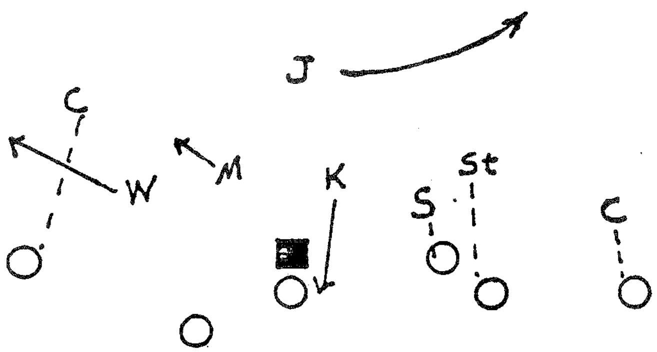
34 3 Clamp/Taxi



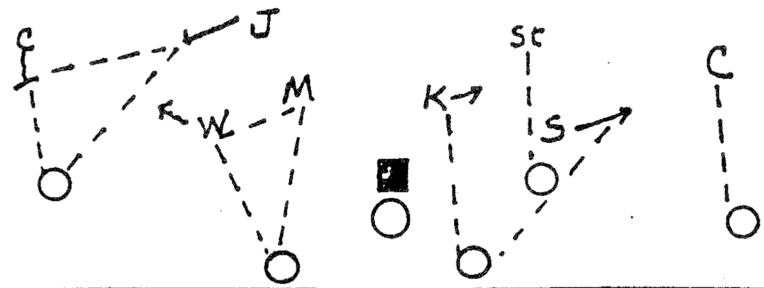
57 Cover 5 Pinch



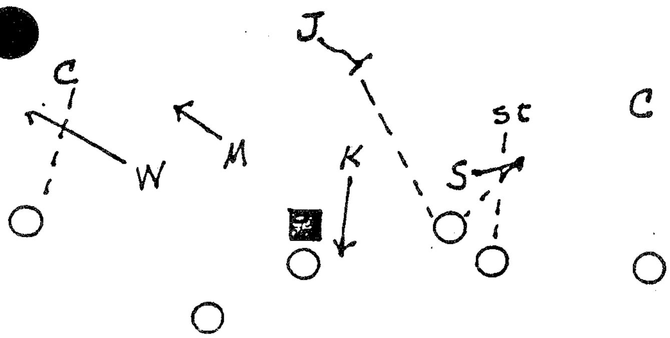
57 5 Spec

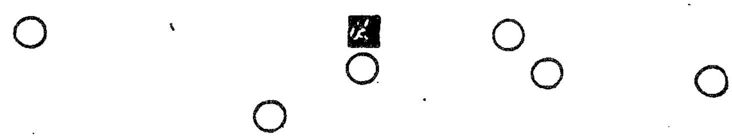


34 7 Vise/Taxi



57 5 Clamp

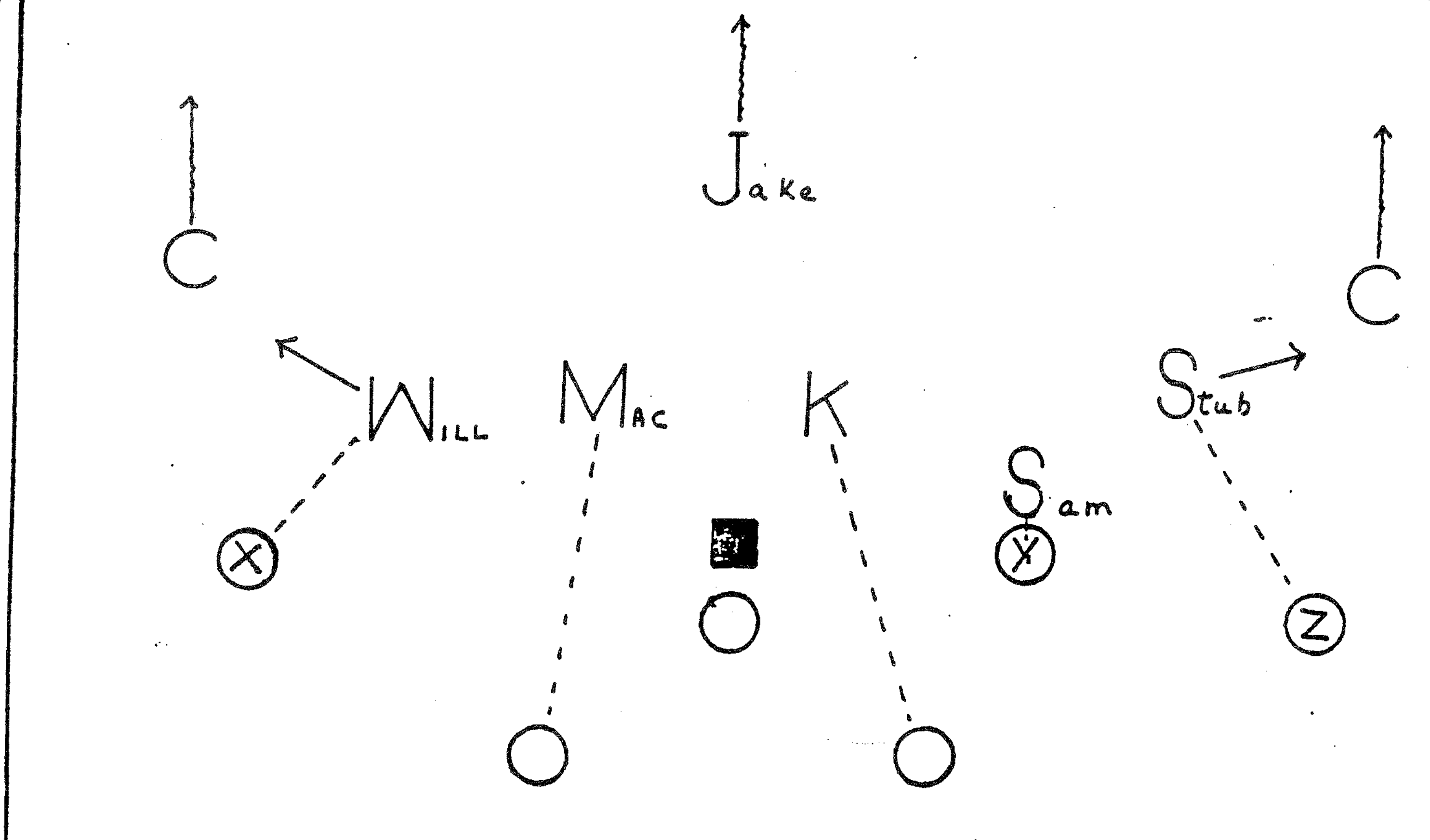


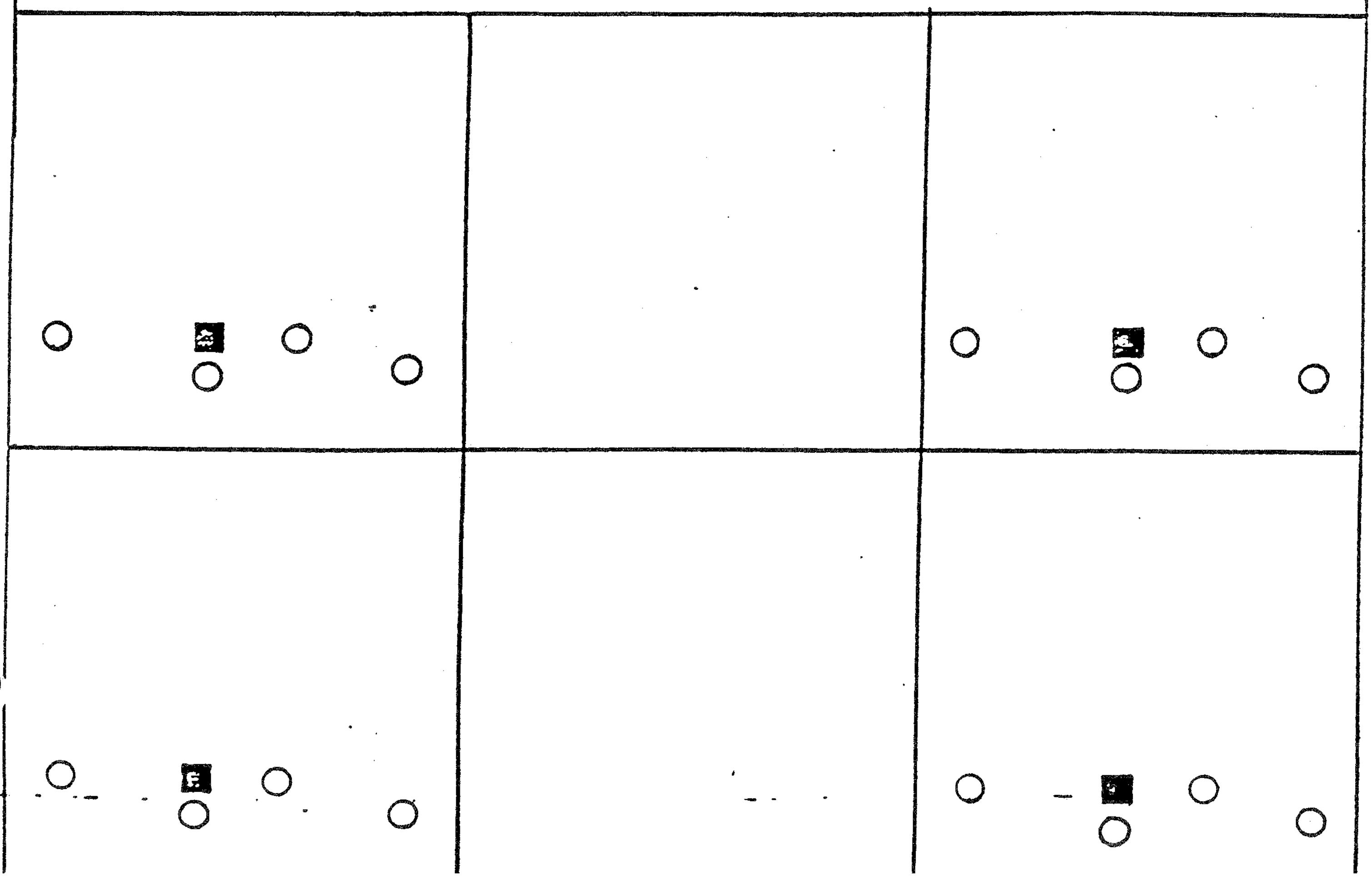






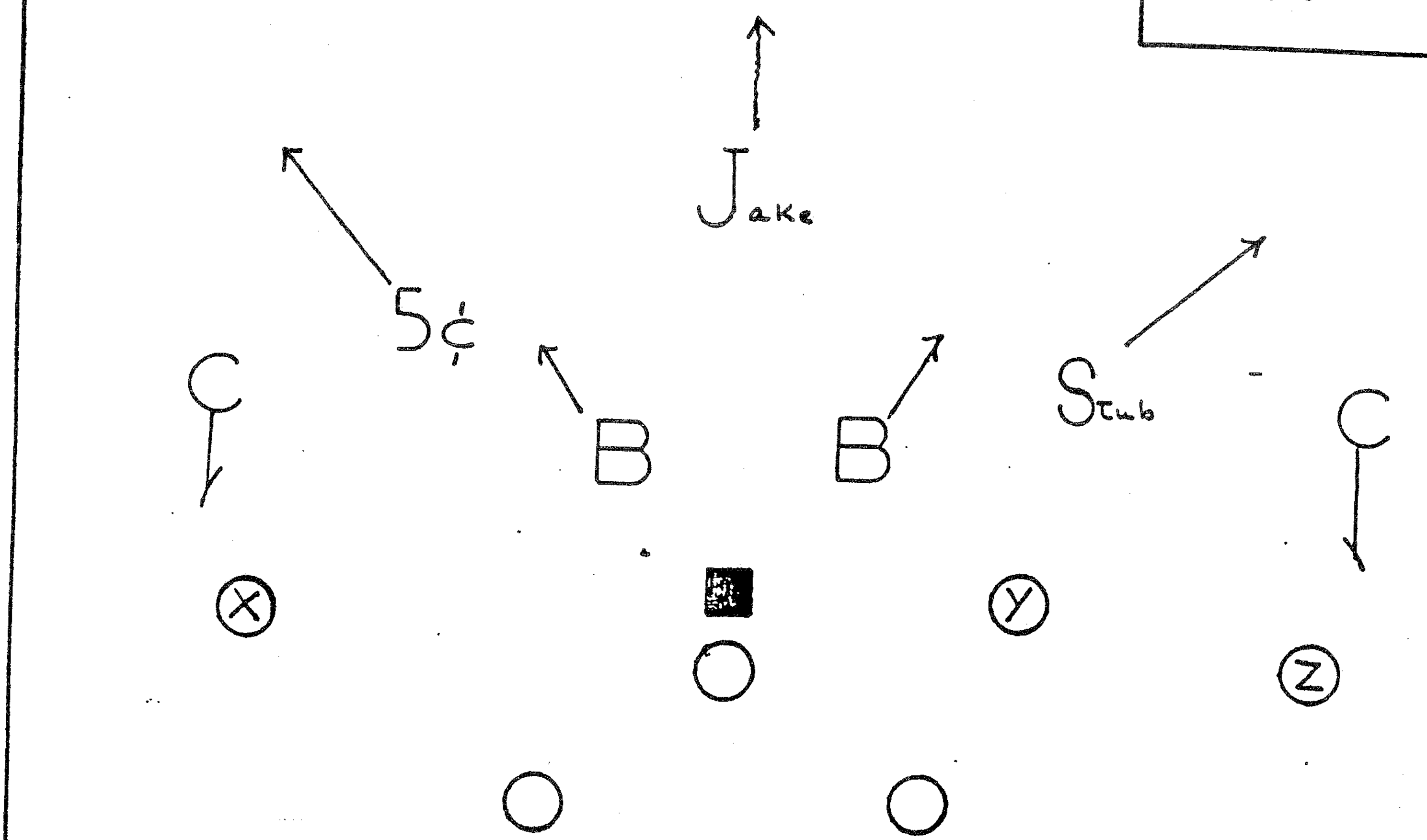
Cover 9
5 Under Man 3 Deep
with Inside
Technique



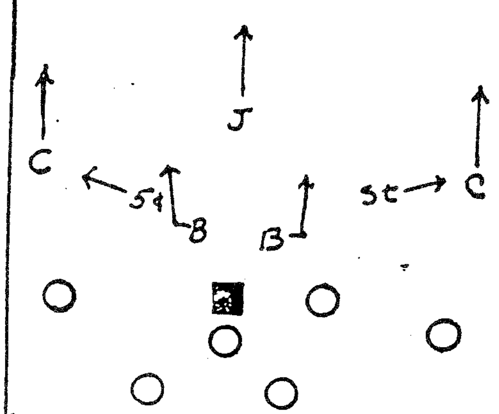


NICKEL COVERAGES

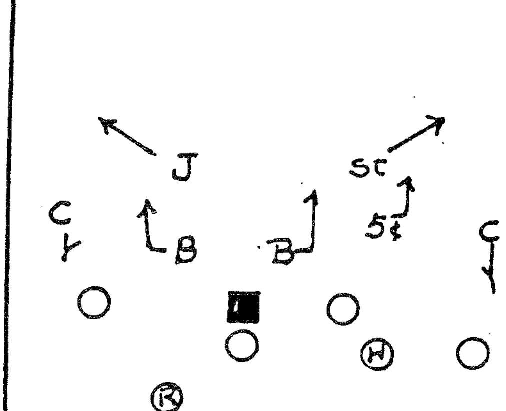
42 2C/4C



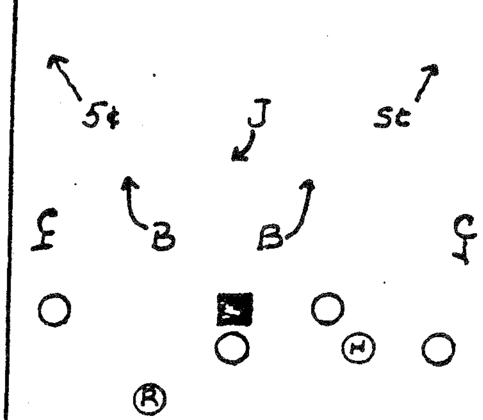
2S/4S



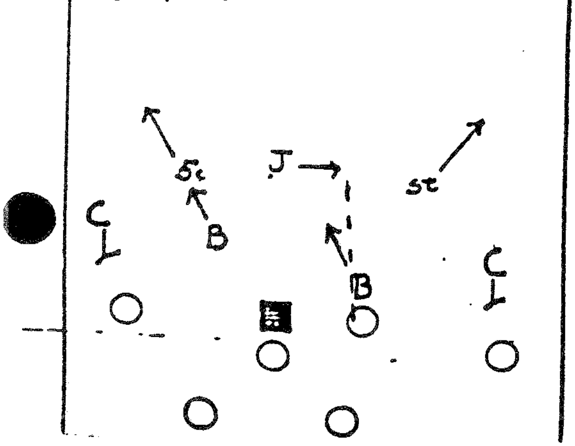
6 Double Zone



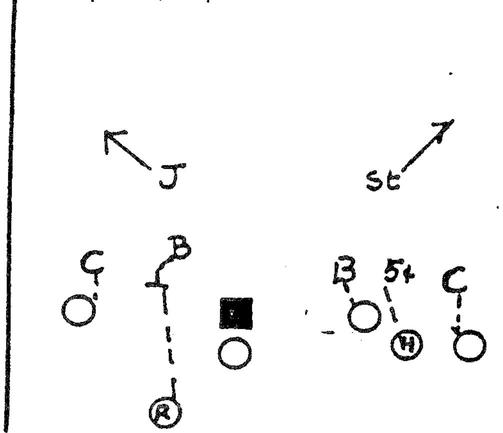
6 Free



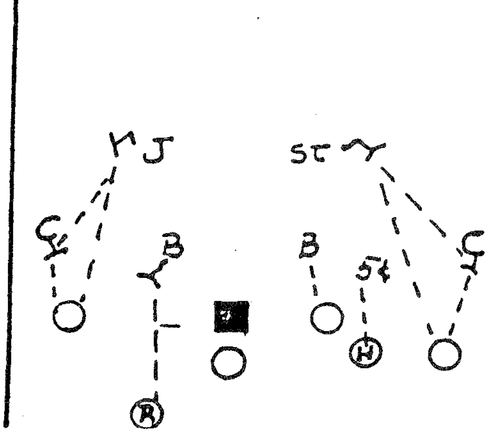
5C/7 OZ



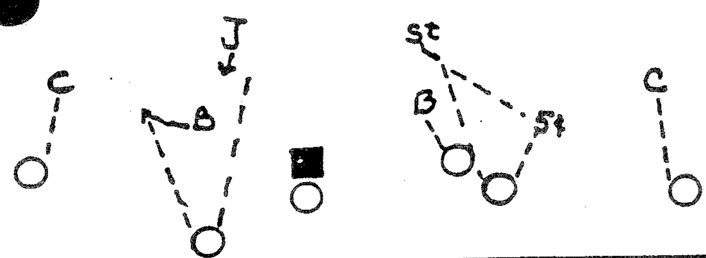
5 Spec/7 Spec



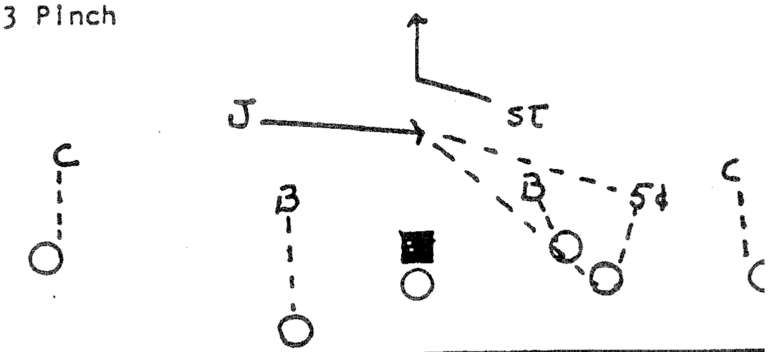
5 Vise/7 Vise



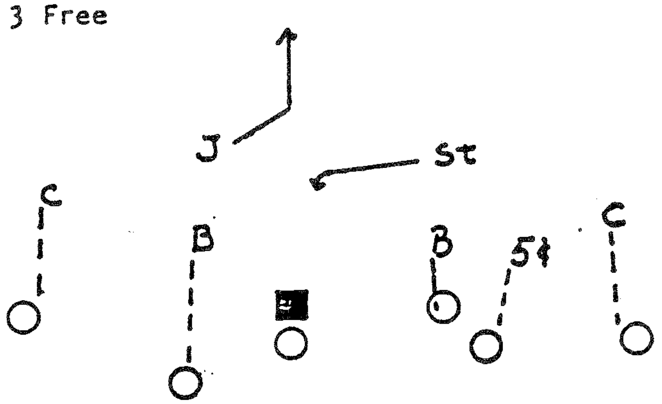
5 Pinch/7 Taxi

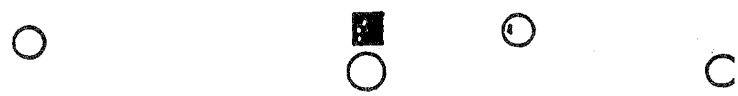


3 Pinch



3 Free

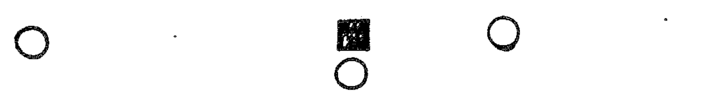




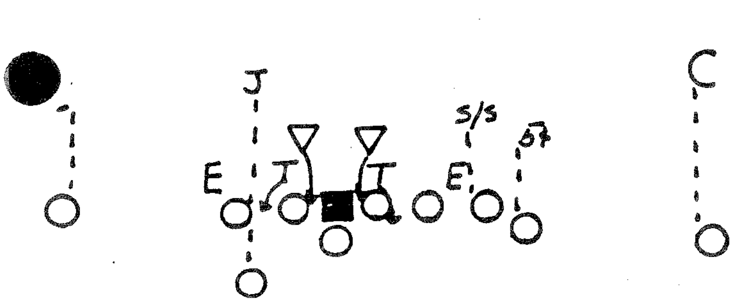




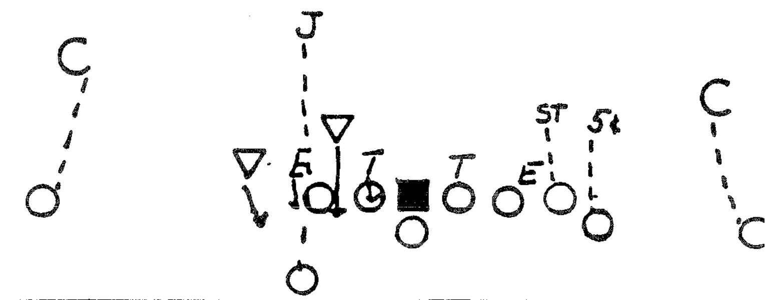




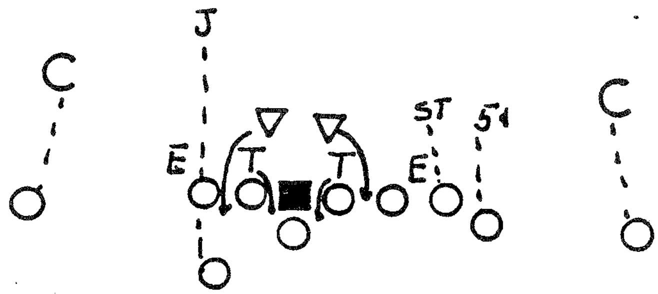
42 Blow (Duce/Trio)



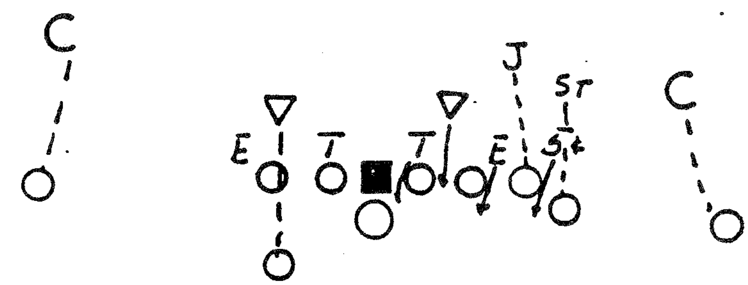
42 Weak Blitz (Duce/Trio)



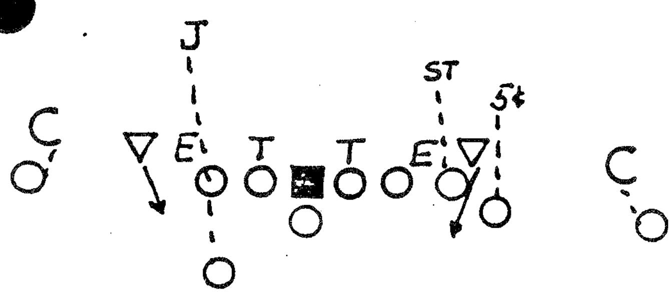
42 Blast (Duce/Trio)



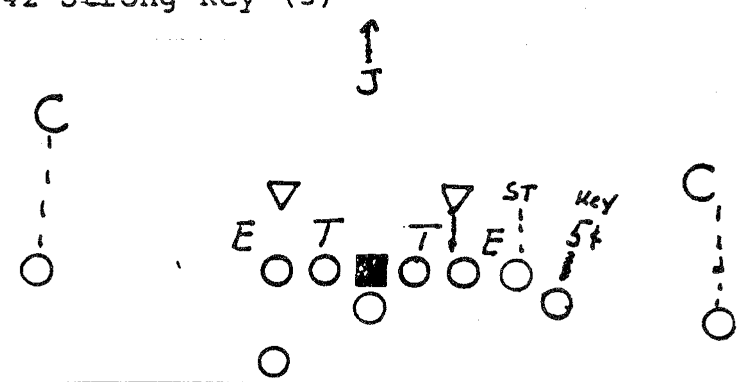
42 Strong Blitz (Duce/Trio)



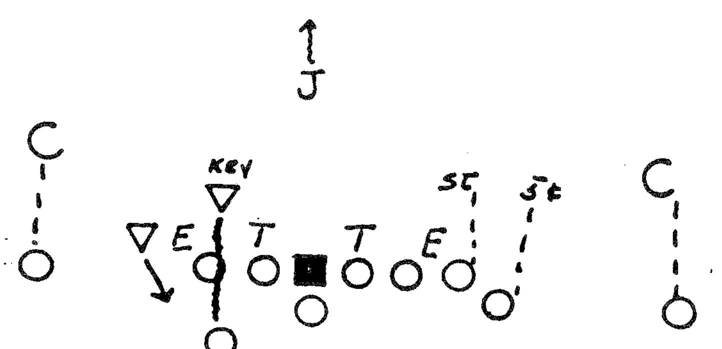
42 (6-1)(Duce/Trio)



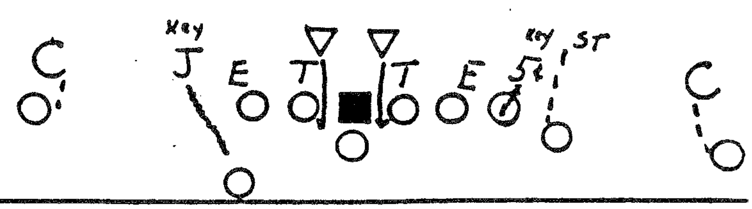
42 Strong Key (3)



42 Weak Key (3)

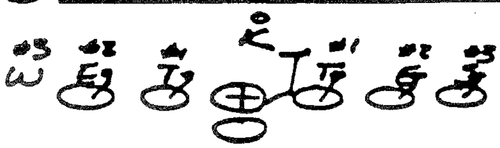


42 Key (Duce/Trio)



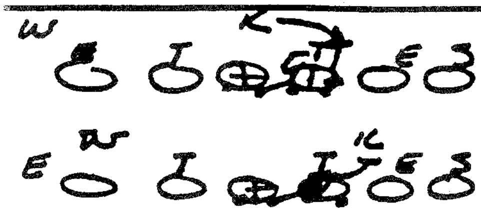
RUN BLOCKING TERMS AND SCHEMES

OFFENSIVE LINE

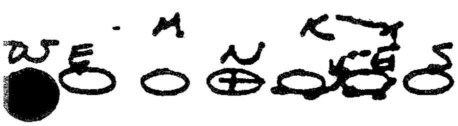


MAN BLOCKING - 0; #1; #2; #3 - from Center box to POA. ORANGE or YELLOW call by Center will determine the location of "0" man. ORANGE - to the Right -- YELLOW - to the Left!

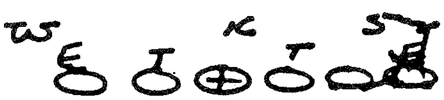
ZONE BLOCKING - Between two offensive linemen responsible for two defenders in a certain area either towards or away from the point of attack!



GAP - Zone blocking between Center and onside guard towards point of attack!



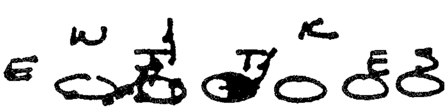
SLIP - Zone blocking between onside guard and onside tackle either at or towards point of attack!



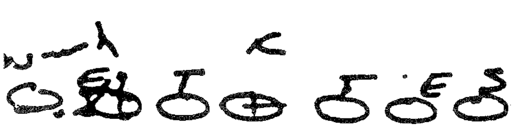
SCOOP - Zone blocking between onside tackle and tight end either at or towards point of attack!



"A" - Zone blocking between center and offside guard - preventing two defenders from coming thru their play side gap!



"B" - Zone blocking between the offside guard and tackle - preventing two defenders from coming thru their play side gap!



"C" - Zone blocking between the offside tackle and tight end - preventing two defenders from coming thru their play side gap!

FOLD-IT BLOCKING - This is an exchange of assignment between two offensive blockers at or away from the point of attack!

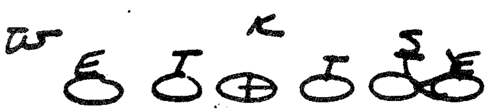
FOLD - Exchange between Center and offside guard. Center blocks back first with Guard stepping around and up thru the hole to 2nd level!



TEX - Exchange between guard and tackle. Guard blocks back first with tackle stepping around and up thru the hole to 2nd level!

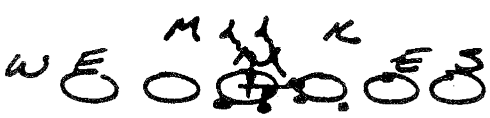


TAKE - Exchange between tackle and tight end. Tackle blocks back first with tight end stepping around and up thru the hole to 2nd level!

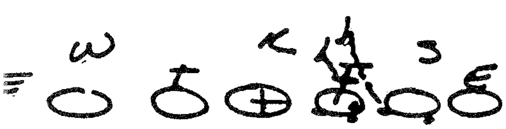


TEAM BLOCKING - Used at the point of attack by two offensive blockers to create a substantial hole while sealing off linebacker pursuit!

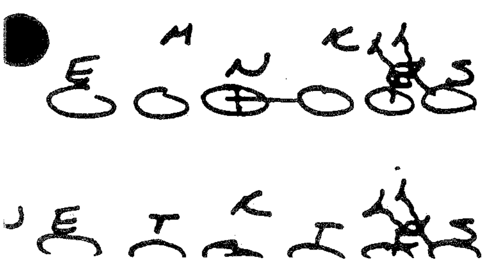
ACE - Team block between center and onside guard on nose man and backside linebacker!

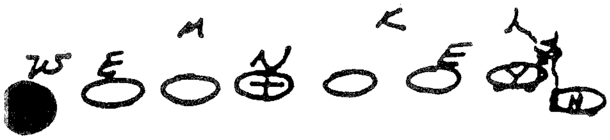


DUCE - Team block between onside guard and tackle on the defensive tackle and middle or backside linebacker!

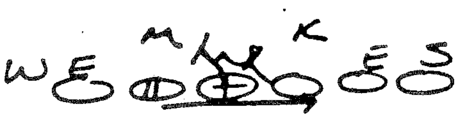


TRAY - Team block between onside tackle and tight end on the defensive end and inside or onside linebacker!





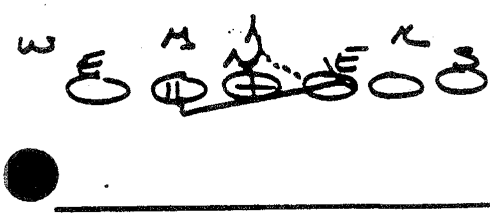
QUAD - Team block between the tight end and "H" back on outside linebacker to the inside linebacker on the 2nd level!



OFF - Center blocks back or away from the onside - onside guard blocks inside on the nose/tackle! Backside guard always pulls with an OFFCALL!



COG - ONSIDE FOLD BLOCKING scheme between center and onside guard. Center blocks back first with guard stepping around and up thru the hole to 2nd level!



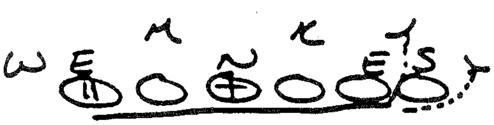
SHORTY - Short trap by offside guard on first man past center's box onside!



FIRE - Long trap by offside guard on first man past onside guard's box!



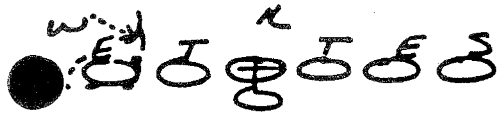
"G-IT" - Blocking scheme whereby onside guard will pull and block out at the point of attack or "skin" to 2nd level for onside linebacker!



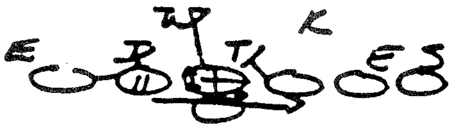
"OT" - Offside Tackle pulls and leads up thru the hole!



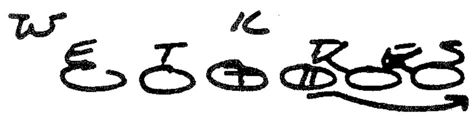
"U" - Change of assignments between the onside tackle and tight end! Tight end will block inside on defensive end while tackle will pull for outside linebacker!



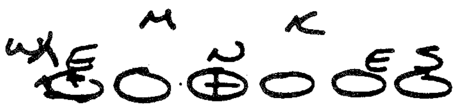
SIFT - Blocking term for offside tackle or tight end to area block the defensive end and weak linebacker - part of the playside gap blocking scheme!



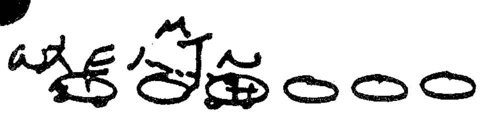
CAL - Call made by the center to alert the offside tackle to cut off the backside 3 technique! Center blocks back on backside linebacker



DOWN-IT - Call made by the tackle to alert the tight end to block down on the defensive end by himself - must stop penetration!



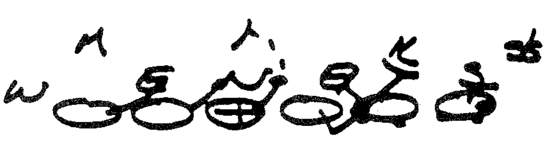
TACK-IT - Blocking term used to tell the tackle to block next defender outside from POA with angle drive technique!



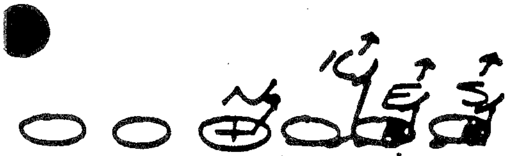
PICK-IT - Blocking term used to tell the center to block the next defender on the LOS outside the center's box away from the POA!



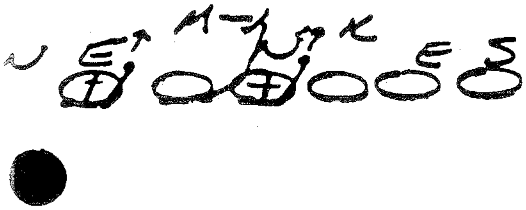
FAN-IT - On-guard and on-tackle blocks out on 1st man and 2nd man on LOS respectively — BIG on BIG!



STEP-IT - Change of assignment between onside guard and tackle on 40-50 GUT when tackle is covered by a linebacker versus a BULLETS LOOK Tackle will make the call and block inside on the 3 TECHNIQUE. The guard will STEP AROUND for the linebacker and block the linebacker in the numbers!



DRIVE BLOCK - Block used at POA--used to driv an opponent off the LOS getting maximum movem Used in man blocking situations on Gut and Ou side!



SCRAMBLE BLOCK - A cutoff block used when blocking away from the point of attack and defender is aligned on an inside shade--dip under his pads and rip up with your backside arm and shoulder!



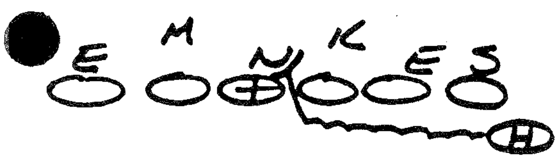
SCRAMBLE-SQUEEZE TECHNIQUE - A cut off block used to prevent an opponent from getting to POA while still getting movement off the ball This is dictated by the alignment of a defender -- example 3; 5; 9 technique!



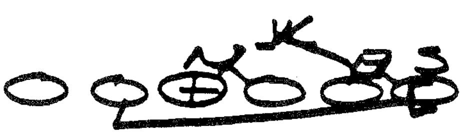
CHOP BLOCK - Block used by an offensive linem whereby he blocks thru the playside knee of the defender. Step on his toes and throw! This block is basically used against lineback



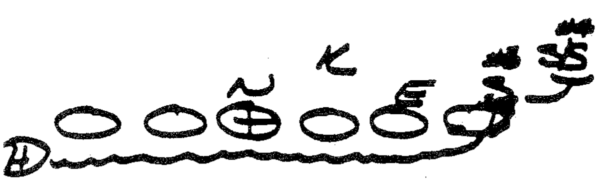
SEAL BLOCK - A block used to keep a linebacke from getting to the point of attack when an offensive blocker has position on the line-backer. This block will only be used when blocking on the 2nd level -- linebacker depth



TRAP BLOCK - A block used by an H-Back or Tight End in Bang or Fly movement whereby the blocker gets inside out position on a defende and blocks him away from POA!



PART BLOCK - A block used by an offensive lineman whereby he gets inside out position o a defender and traps him away from the hole!



EASY - Change of blocking responsibilities fo "Y" and "H". "Y" will set the block for "H" "slamming" #3 then releasing off this block t block #4.

TABLE OF CONTENTS

(RULE INTERPRETATION)

INTERPRETATION AND BLOCKING TERMS

I. RULE INTERPRETATION:

Our rule interpretation involves two methods:

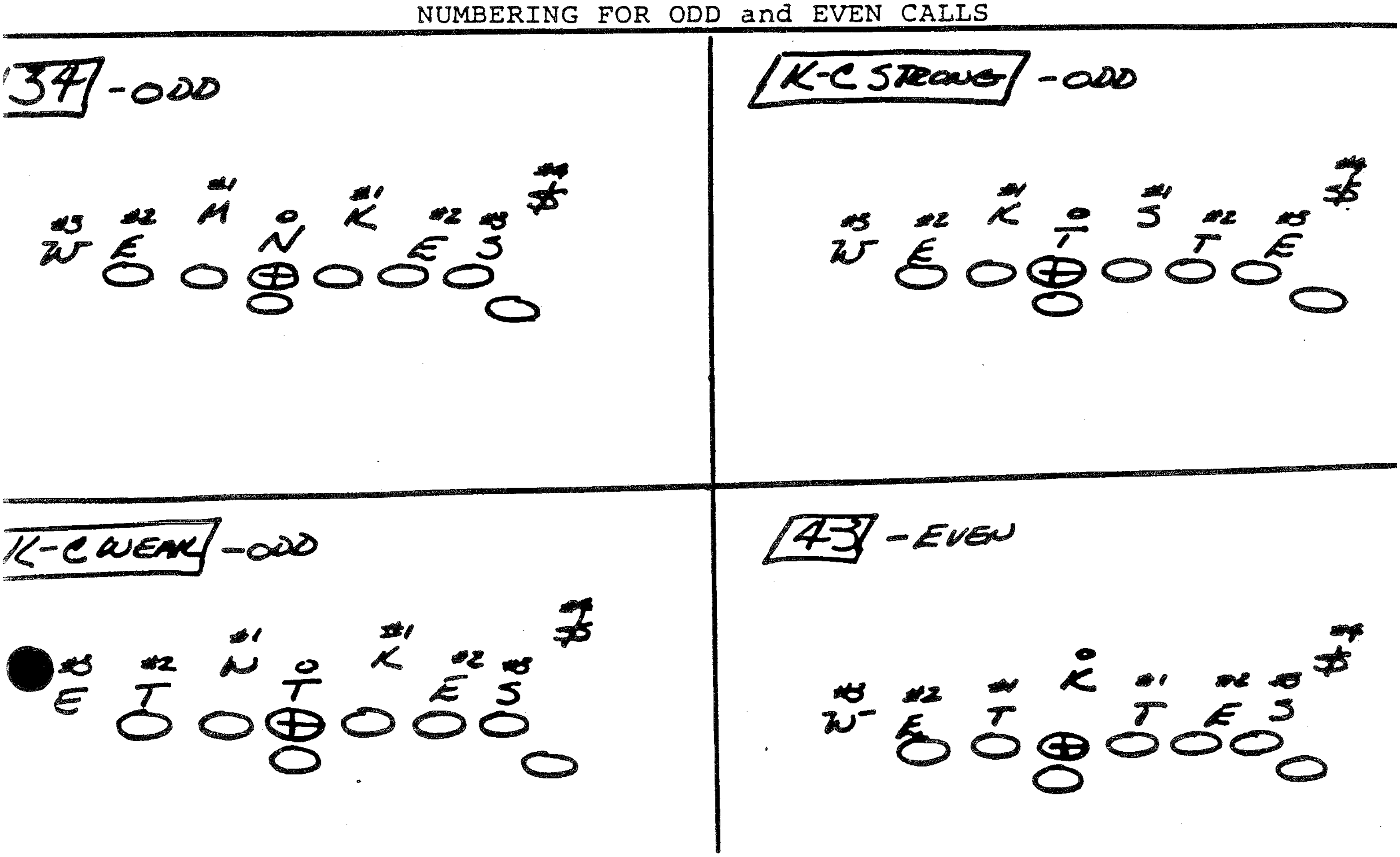
(1) Numbering the defensive players -- "O"; #1; #2; #3; #4.

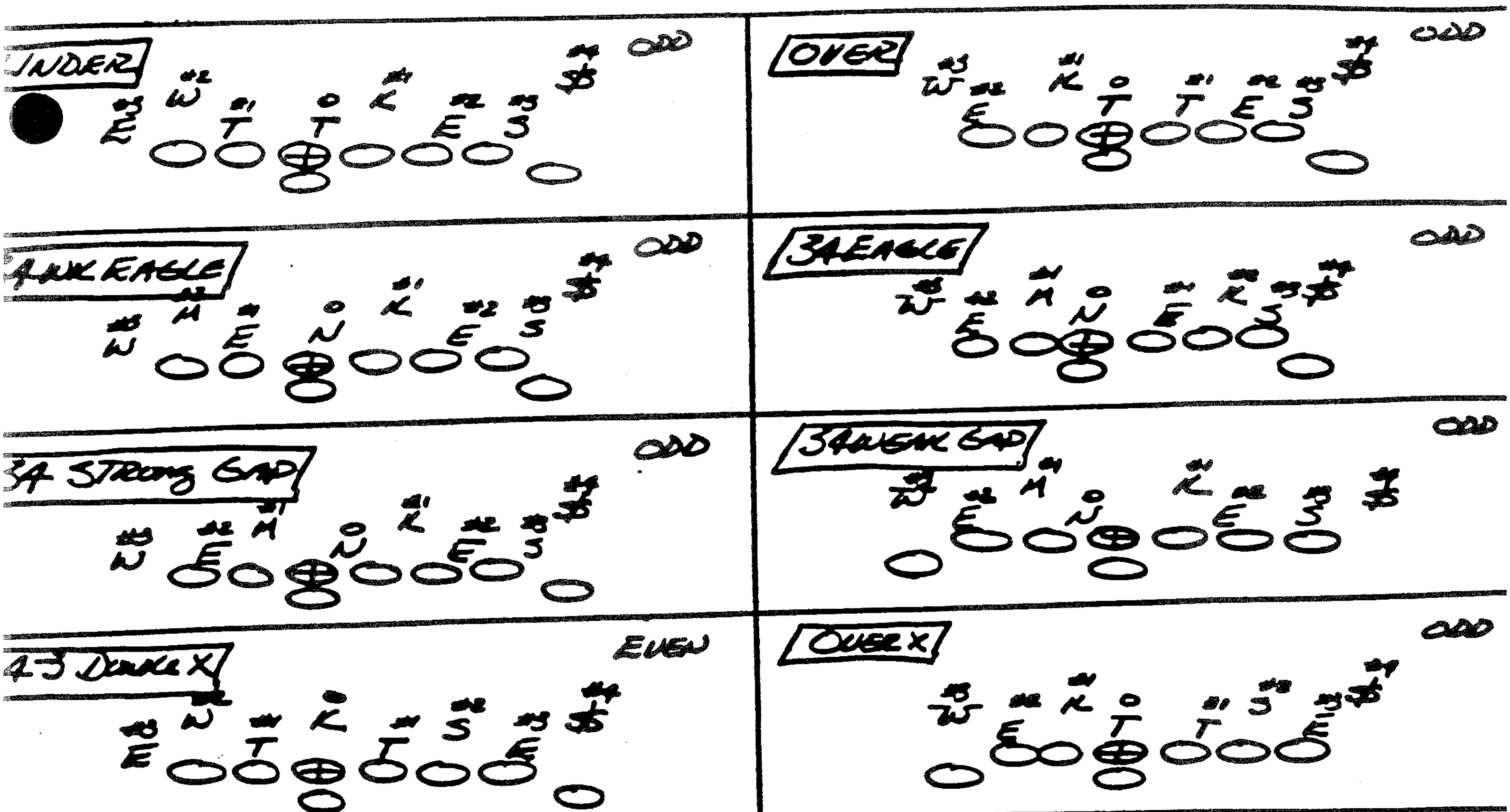
(2) Describing the defensive position -- this involves recognition on the lineman's part. This is extremely important as this is how we will make LINE CALLS. There is no HARD FAST rule to cover every situation and it will be thru recognition that we change the blocking scheme at the LOS!

A. DEFENSIVE NUMBERING:

The Center will alert the team that he is covered by making an ODD or EVEN call. (ODD - covered by a down lineman; EVEN - covered by a line backer). The man aligned on him will be counted as "0". We will then count each defensive player to the RIGHT and then each defensive player to the LEFT. You will count the man that is aligned ON or OVER you! A Nose/Tackle that aligns in the center-guard gap will be referred to as "0" -- and center will make an ODD CALL!

NUMBERING FOR ODD and EVEN CALLS

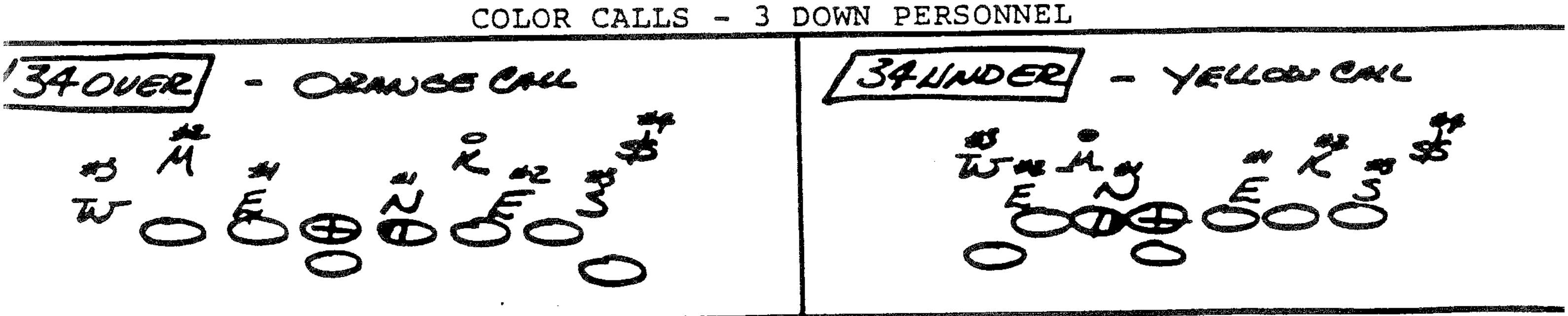




When the Center is uncovered we will give the center a COLOR CALL to alert the offensive team which side "0" is in our numbering system. ORANGE - "0" is to the right; while YELLOW - "0" is to the left. Centers - it is imperative that you know whether 3 down personnel or 4 down personnel is in the game when you are uncovered. This will affect the way you make your call.

(a) 3 DOWN PERSONNEL (3 down linemen in the game) - Make color call to the side that the nose/tackle slides or aligns. This is for both RUN and PASS situations.

COLOR CALLS - 3 DOWN PERSONNEL



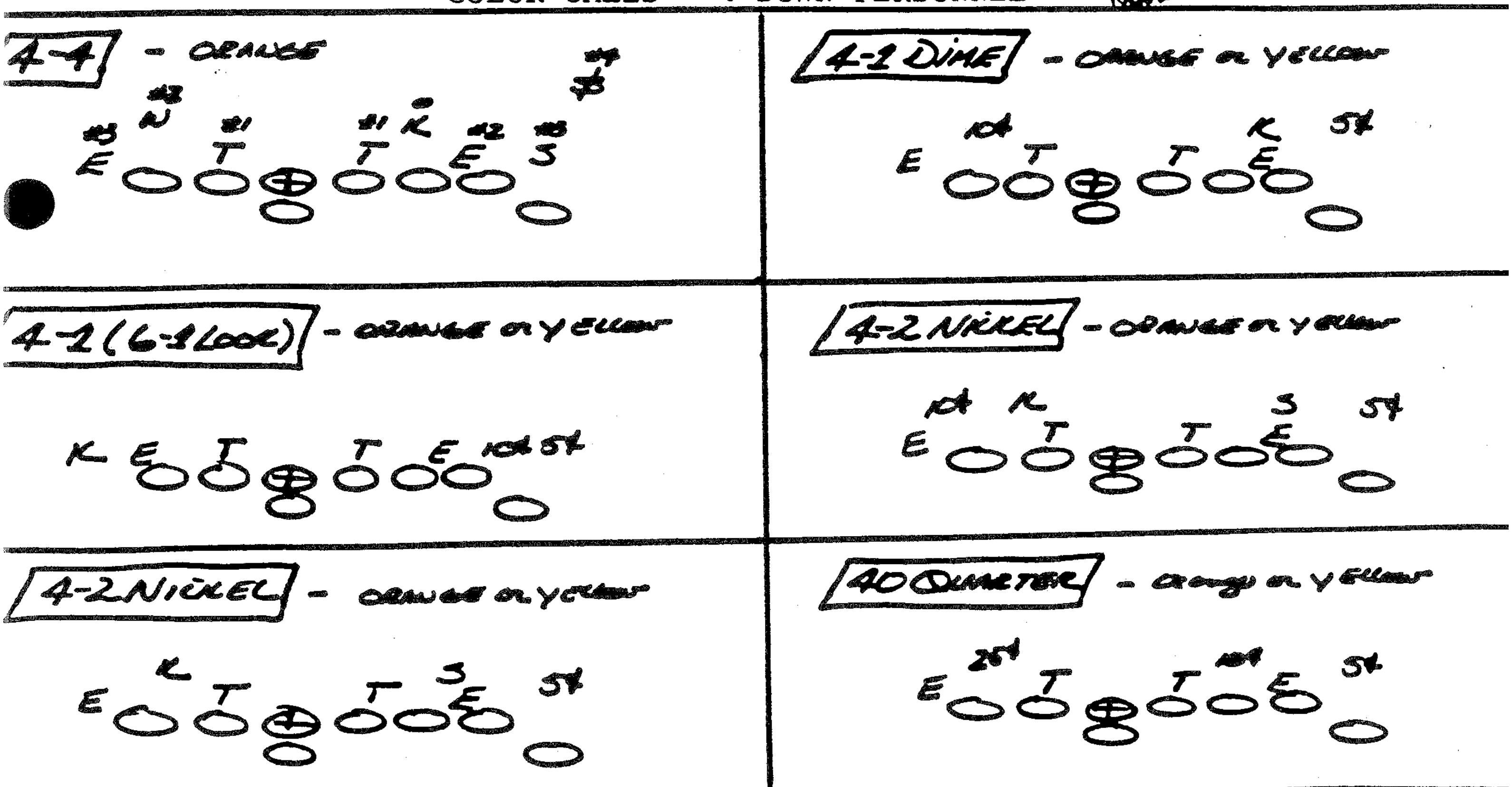
(b) 4 DOWN PERSONNEL (4 down linemen in the game) - Make the color call to the side that "MIKE" aligns. If "MIKE" has been substituted for such as in 3rd down defensive looks (NICKEL: DIME: QUARTER) make the color call to the formation side on RUNS and the protection call side on PASSES!

(1) If only 1 (one) linebacker is aligned in the tackle - box area to either the right or left make the color call to the 1 (one) linebacker side on RUNS and to the Protection Call Side on PASSES!

(2) If NO linebackers aligned in tackle box area to either the right or left make the color call to the side we are attacking on RUNS and to the Protection Call Side on PASSES!

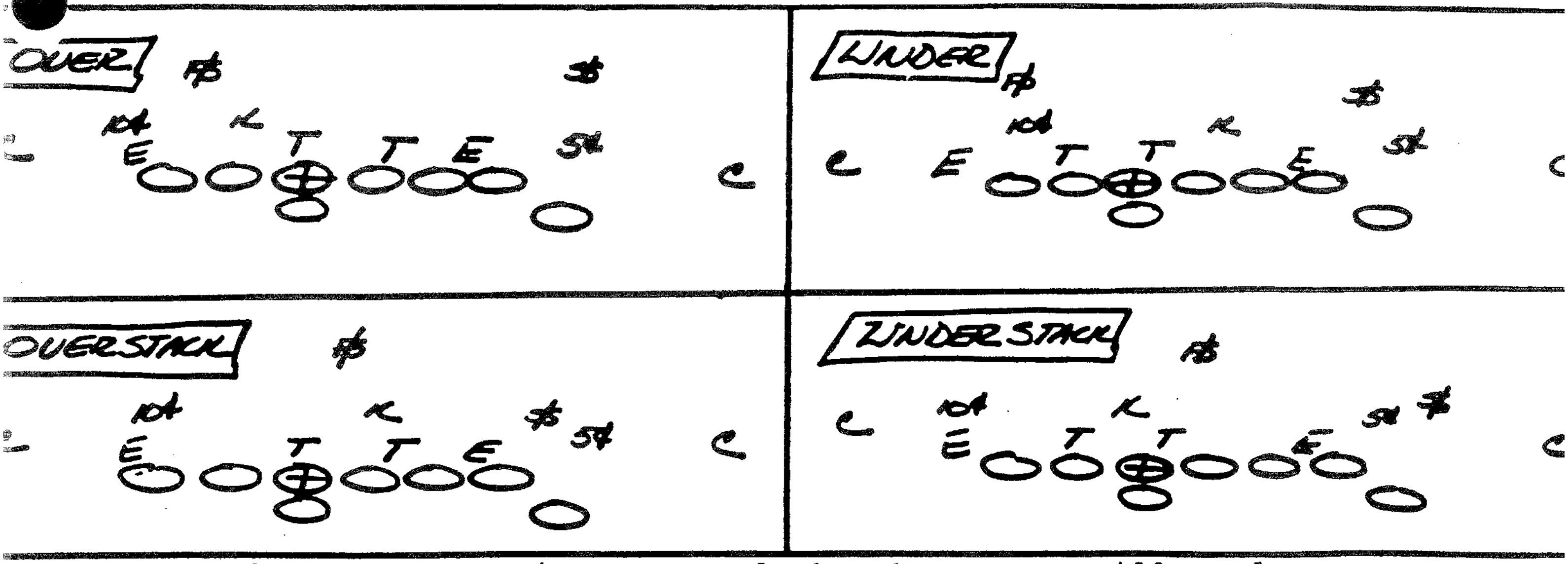
(3) If 2 (two) linebackers align to the same side within the tackle box area--make your color call to the side of the two linebackers on both RUN and PASS! Note: On pass protections that require a dual read (Scat; Scram; Hi-Lo Triple Digit Passing) make an ORANGE or YELLOW dual to handle these looks if the defender (linebacker) is stacked over the Guard box! This is a game-planned situation!

COLOR CALLS - 4 DOWN PERSONNEL



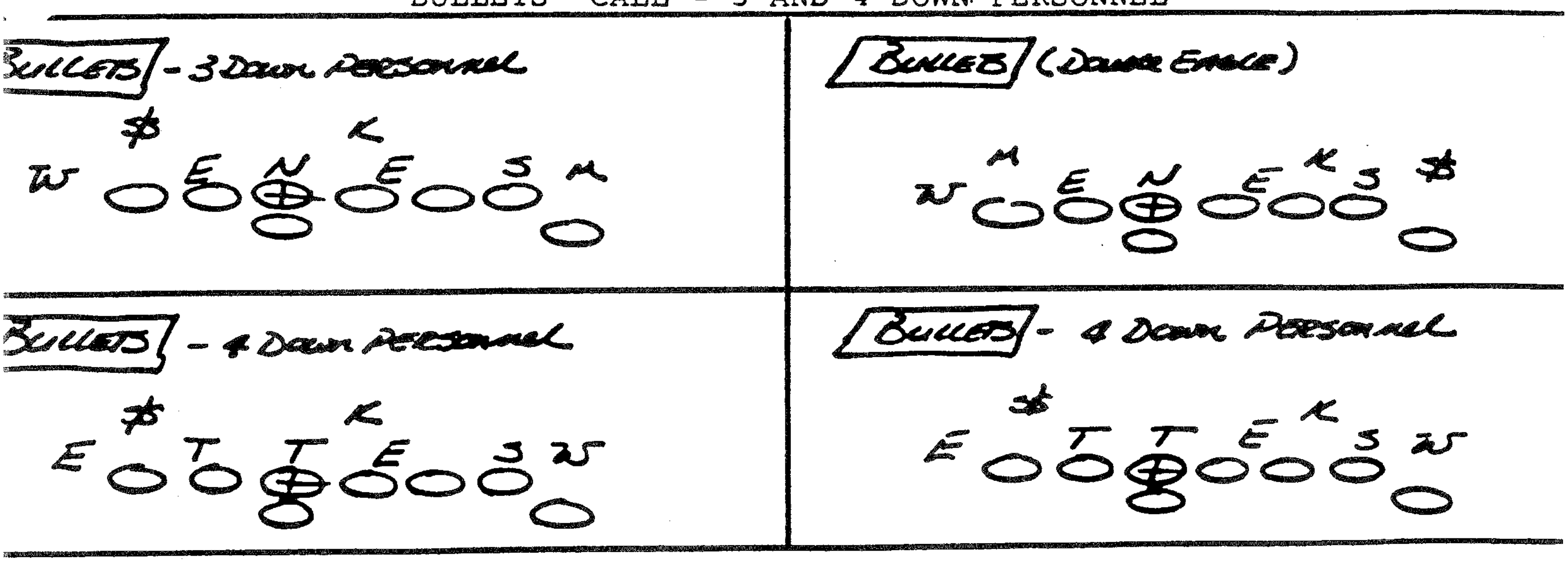
There are certain over shifted looks that teams will employ in their 3rd down defensive package that we will see throughout the year. The Center will alert the team that he is covered by making either an ODD SOLID call in pass situations. He will then give the Guard that is uncovered a dual read to an over lap position or a ROCK-IT or LOAD-IT CALL! This will be covered in greater detail under pass protections.

ODD SOLID CALLS VS. OVER AND UNDER LOOKS



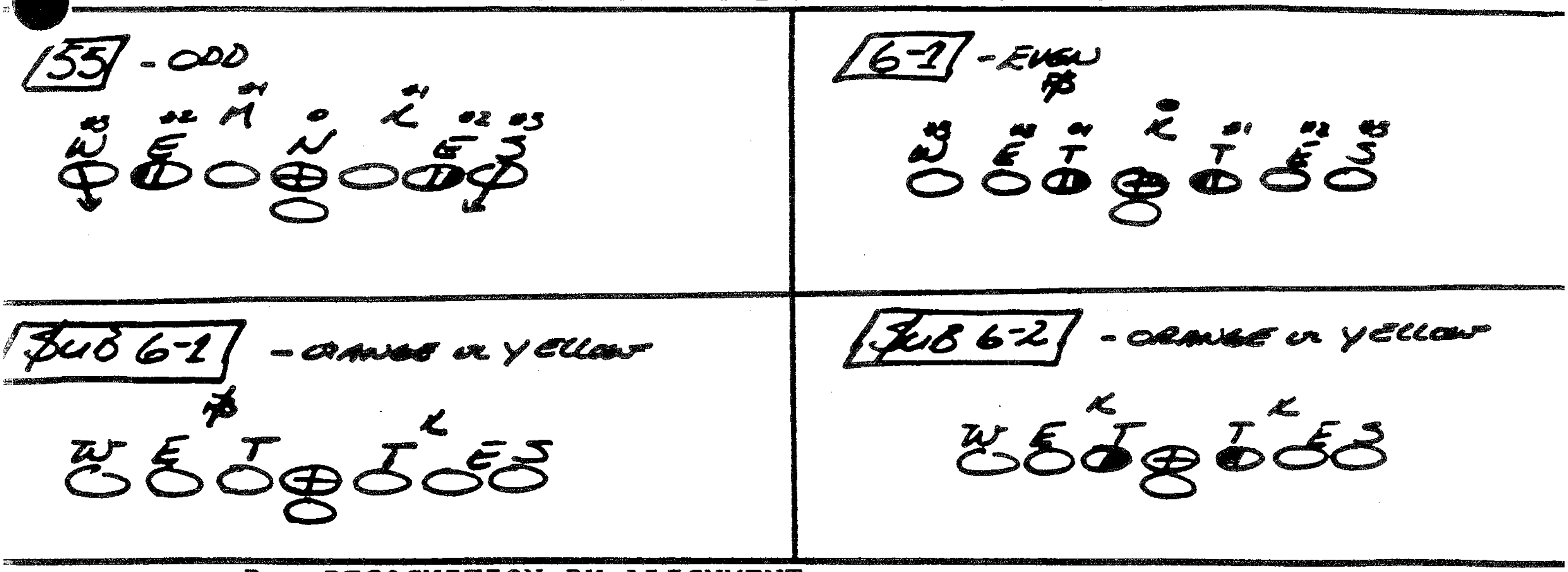
There are certain BASTARD looks that teams will employ from both 3 and 4 down personnel. The Center will be given the term of "BULLETS" to alert the team that the defense has aligned in this particular look. We will have special blocking schemes on both the run and the pass to handle these situations.

"BULLETS" CALL - 3 AND 4 DOWN PERSONNEL



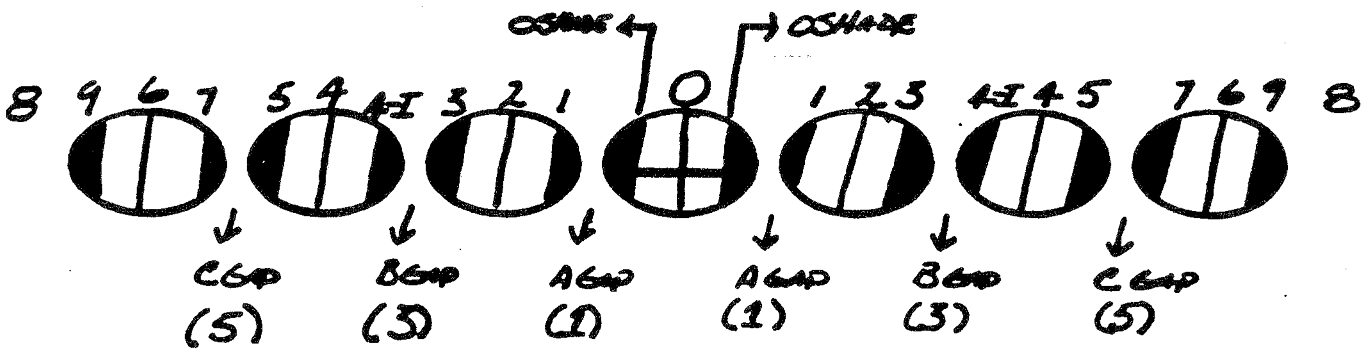
In goalline and short yardage situations the Center will follow his basic rule of thumb. If covered by a down lineman he will make an ODD CALL! If covered by a line backer he will make an EVEN CALL! If uncovered - the Center will make a COLOR CALL to the side we are attacking for both Run and Pass!

NUMBERING FOR GOALLINE AND SHORT YARDAGE LOOKS



B. RECOGNITION BY ALIGNMENT:

Every offensive player must be able to recognize different alignments and shades that defensive players can use!



EXAMPLES OF SHADES ON ALIGNMENTS:

"O" - "O" Technique plays nose-up on the center-onr or off LO

O SHADE - "O SHADE" Technique aligns on either "eye" or shoulder of the center.

1 GAP (A GAP) - 1 Gap Technique plays in the center/guard gap.

1 - 1 Technique aligns inside eye or shoulder of the guard.

2 - 2 Technique aligns nose-up (head up) on the guard.

3 - 3 Technique aligns outside or shoulder of the guard.

3 GAP (B GAP) - 3 Gap Technique aligns in the Guard/Tackle gap.

<u>4-I</u> - 4-I Technique aligns on inside eye or shoulder of the tackle.

<u>4</u> - 4 Technique aligns nose-up (head up) on the tackle.

<u>5</u> - 5 Technique aligns outside eye or shoulder of the tackle.

<u>5 GAP</u>
(C GAP) - 5 Gap aligns in the tackle/tight end gap.

<u>6</u> - 6 Technique aligns nose-up (head up) on the tight end.

<u>7</u> - 7 Technique aligns inside eye or shoulder on the tight end.

<u>8</u> - 8 Technique plays wide or outside the tight end and can be aligned on or off LOS.

<u>9</u> - 9 Technique plays outside eye or shoulder on the tight end.

PASS PROTECTION TERMS

A. PROTECTIONS:

1. REGULAR PROTECTION - 3 Digit Passing - Offensive line will use MAN BLOCKING PRINCIPLES giving us a SOLID FRONT. Strong Back - Block 1st linebacker(Blitzer) from inside out not counting the Mike linebacker! Weak Back - block 1st linebacker from inside out - not counting the Mike linebacker!

   NOTE: Must be alert for a FIRM CALL with this protection--QB is alerting you that he is taking a 3 step drop -shorter drop!

2. OH'S - MAN BLOCKING PRINCIPLES for the offensive line - same as REGULAR PROTECTION! Weak Back will block 1st linebacker from insid out outside the center box! Tight End will have a blocking responsibility - #3 AREA with the onside tackle!

3. SCRAM - Weak Back has free release to protection call side. First uncovered lineman from center box to the call side will have a DUAL READ!

4. SCAT - Weak Back has blocking responsibility - first linebacker from inside out not counting the Mike linebacker! First uncovered lineman from center box to the call side will have a DUAL READ!

5. HI (RIGHT) (Single Digit) - MAN BLOCKING PRINCIPLES for the offensive line - same as REGULAR AND OH'S PROTECTIO Back will block to the RIGHT - first linebacker from inside out not counting t Mike linebacker! Tight End will have a blocking responsibility - #3 -- AREA with the tackle!

6. LO (LEFT) (Single Digit) - Back will block to the LEFT - first linebacker from inside out not counting Mike linebacker!

7. HI (RIGHT) (Triple Digit) - First uncovered lineman from the formatio call side (LEFT) will have a DUAL READ! Same as SCAT for offensive line. Back will block to the RIGHT - first linebacke from inside out not counting the Mike linebacker!

8. LO (LEFT) (Triple Digit) - First uncovered lineman from the formatio call side (RIGHT) will have a DUAL READ! Back will block to the LEFT - Same blocki responsibility as on LO-SINGLE DIGIT PASSING!

9. OPTION (Single Digit) - FAN BLOCKING PRINCIPLES to the call side with a slide blocking scheme. Tight End will stay in and block #3--AREA with the tackle. Back will block first linebacker from inside out from center - box to away from call side!

10. OPTION (Triple Digit) - FAN BLOCKING PRINCIPLES to the call side with a slide blocking scheme. Back will have a DUAL READ (Mike to Sam) away from the protectional side! NOTE: Never pass up any inside blitzer!

11. CHARLIE - Aggressive play action pass protection coming off of 40-50 Gut Fake to the back! Fan blocking principles to the offside with a slide blocking scheme.

12. DASH - Drop Roll protection off of drop back action by Quarterback - drop 5 steps and roll towards side of the call. H-BACK will check #3 - no blitz - SET A WALL and "Wipe-Off" on any inside out pursuit!

13. SPRINT - Drop Roll protection to the open side of the formation away from the H-Back! "R" has blocking responsibility -- #3! NOTE: May get initial help from your onside tackle!

14. PLAY PASS - The offensive line will block the protect exactly like the RUN that is called for i order to give the defense a RUN READ!

15. ROLL PASS - Aggressive style of pass protection whereb the offensive line will block aggressive towards the onside gap.

16. BOOT PROTECTION - Aggressive style of pass protection with the offensive line using MAN PROTECTION giving us a SOLID FRONT. R-BACK will fake away from the call with H-BACK always bei responsible for #3 towards the call side.

B. SCREENS:

1. FLASH - (RIGHT) - Quick screen to X or Z receiver

2. LIGHTNING - (LEFT) - Quick screen to X or Z receiver!

3. ROSE - (RIGHT) - 2 count screen to the Right with the first choice being a pass downfield to a wide receiver.

4. SALLY - (LEFT) - 2 count screen to the Left -- same as Rose!

5. SCREEN - 3 count screen to either the BACKS ("R" or "H") or TIGHT END. This screen will be called to either the RIGHT or LEFT side in conjunction with any pass protection!

C. CALLS AND PROTECTION TERMS:

1. FAN - BIG on BIG - GUARDS - 1st man on LOS; TACKLES - 2nd man on LOS.

2. RIP - Back checks linebacker over the right guard for a blitz. If linebacker doesn't come, release into pattern. If linebacker does come, check outside linebacker before releasing into pattern. RIGHT GUARD has a DUAL READ! NOTE: This call only pertai[ns] to a 34 defensive look!

3. LIZ - Back checks linebacker over the left guard for a blitz. If linebacker doesn't come, release into pattern. If linebacker does come, check outside linebacker before releasing into pattern. LEFT GUARD has a DUAL READ!

4. ORANGE - Call made by the CENTER to alert the offensive team that he is counting the first BLITZER to the Right as the "O" man! This call will always be made when the center is uncovered!

5. YELLOW - Call made by the CENTER to alert the offensive team that he is counting the first BLITZER to the Left as the "O" man! This call will always be made when the center is uncovered!

6. ODD - Call made by the CENTER to alert the offensive team that he is covered by a down lineman and he is the "O" man in rule interpretation!

7. EVEN - Call made by the CENTER to alert the offensive team that he is covered by a linebacker and he is the "O" man in rule interpretation!

8. ODD SOLID - Call made by the CENTER to alert the offensive line that he is covered by a down lineman and onside guard is also covered by a down lineman. This call is an alert to the OFFSIDE guard that he has a DUAL READ on SCAT and SCRAM protections! NOTE: This call will also be made on K-C looks if two down linemen are aligned to the protection call side!

9. AREA - Zone protection between two offensive blockers in picking up TWIST STUNTS!

10. HAMMER - Hammer may be called when the tight end has a pass blocking responsibility (OH'S and HI/LO Single Digit Passing). Change of assignments between onside tackle and tight end. TIGHT END blocks down aggressively on the defensive end and the tackle sets back off the LOS and checks the outside linebacker!

11. NAME CALL - A change in blocking responsibilities between two adjacent offensive linemen. The outside blocker to the playside blocks down inside executing a HAMMER TECHNIQUE while the inside blocker sets back off the LOS checking the outside blocker's responsibility. NOTE: This can be used on DASH and SPRINT protection between the onside guard and center versus a shaded nose/tackle or the onside tackle and guard with a Bullets call!

12. SWAP - This is a PRE-SNAP CALL whereby two adjacent offensive linemen will zone off their blocking responsibilities - they will set for a gap and block any defender coming into that area!

13. SLIDE-IT - This is a PRE-SNAP CALL whereby three or more adjacent offensive linemen will zone off their blocking responsibilities - they will set for a gap and block any defender coming into that area -- no one coming continue to slide or overlap back inside (towards the ball).

14. ROCK-IT - This is a PRE-SNAP CALL to alert the center and both guards to zone off their blocking responsibilities. They will set to the right and block any defender comin into that area.

15. LOAD-IT - This is a PRE-SNAP CALL to alert the cent and both guards to zone off their blockin responsibilities. They will set to the left and block any defender coming into that area.

16. SWOOP - SWOOP is a call that can be made by the guard; tackle; tight end or H-back when a SAFETY BLITZ is being executed inside by the defense. Each strong side lineman will set inside (towards the ball) and block any defender coming into their area NOTE: Swoop can be used on SCRAM or OH's PROTECTION!

17. DUAL READ - Used by the center, guards, tackles on certain protections. Check the linebacke over --if he does not come, check the outside linebacker to the call side or widest defender. NOTE: used on SCAT and SCRAM protections or with a RIP and LIZ call!

18. OVERLAP - Technique used by any lineman when covere by a linebacker in MAN PROTECTION. Set approximately 1 to 1½ yards deep - check your responsibility -- he does not come - slide behind the man you are to help and pick up the TRASH!

19. MAX - Backs check their blocking responsibility for a blitz. If their blocking responsibility does not blitz, help on the defensive end to your side or the widest rusher!

20. SWITCH - This is a POST SNAP CALL (after the ball has been snapped) between two adjacent offensive linemen to switch off blocking responsibilities when TWIST STUNTS occur!

21. HARD - A PRE-SNAP CALL made by the offensive tackle when he and the guard are covered by down linemen and there is a defender aligned on the LOS outside. This is an alert to the guard to make a SLIDE-IT CALL to handle the three (3) defenders on the LOS.

22. TOM - A PRE-SNAP CALL made by the offensive tackle when he is covered by the end man on LOS and the guard is uncovered. The tackle will block the END MAN ON LOS and guard will slide to pick up the trash. NOTE: This call will usually be made with OPTION or CHARLIE PROTECTION or in conjunction with a SLIDE-IT CALL!

23. JOKER - A PRE-SNAP CALL made by the offensive tackle when two (2) defenders are aligned outside in a wide rush position on the LOS The tackle will set to block the nearest defender (Defensive End) while the guard will slide to block the widest defender. NOTE: This call will usually be made with OPTION or CHARLIE PROTECTION or in conjunction with a SLIDE-IT CALL!

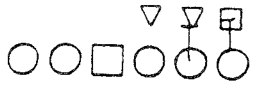
24. ROBERT - A term given in the huddle for MAX-OUT PROTECTION for SCRAM; "OH'S"; and REGULAR PROTECTION. We will use this term in 3rd down situations when we are expecting a 4 Weak Blitz. The call of ORANGE by the center will confirm that Max Protection is ON -- any other call by center - offensive team will revert back to BASE RULES and block the center's call! NOTE: On SCRAM PROTECTION - if uncovered - make color call of ORANGE! On OH's or Regular Protection - Two (2) blitzer's aligned weak - make the call -- if not - make call to FORMATION CALL SIDE.

25. LARRY - The call of "YELLOW" by the center will confirm that Max Protection is ON - any other call by center - offensive team will revert back to BASE RULES and block the center's call! Same as ROBERT!

26. FIRM - When the QB gives the word "FIRM" prior to a protection call he is alerting the offensive football team that he is only going to take a 3 STEP DROP! Use the rules that apply to that particular protection but take your blocking responsibility on at the LOS -- BE STOUT!

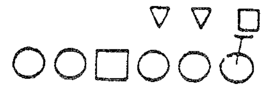
TE/H BLOCKS

DRIVE *



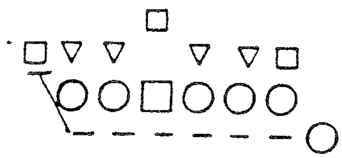
IS AN AGGRESSIVE FACE-FISTS THRU THE NUMBERS. PUT HAT DOWN THE MIDDLE. LEAD STEP WITH THE NEAR FOOT-GET THE 2ND DOWN FOR POWER. DON'T CROSS OVER!

BUTT*



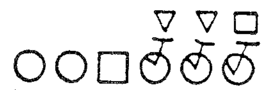
AN AGGRESSIVE HEAD * IN THE CHEST BRING FISTS UP THRU. DRIVE AND SUSTAIN.

MOTION DRIVE *



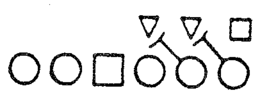
MOTION TO THE HIP OF TKL. DROP WEIGHT-PLANT THE FOOT AND STEP WITH THE NEAR FOOT AT INSIDE NUMBER. NOW DRIVE * AND SUSTAIN.

SET BUTT *



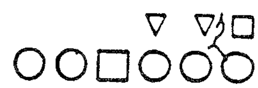
QUICK PASS SET TO INFLUENCE AND SEE MAN'S INITIAL CHARGE. BUTT *

GAP *



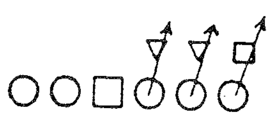
BLOCKS DOWN. STEP WITH I/S FOOT AT 45' ANGLE-GAIN GROUND-DO NOT PIVOT. GET 2ND STEP DOWN. AIM HAT AT NEAR HIP AND ADJUST TO THE MAN'S CHARGE.

REVERSE SHOULDER *



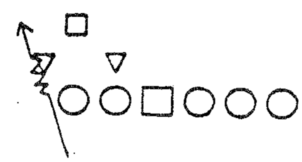
STEP AT 45' ANGLE. GET HAT AND FAR SHOULDER IN FRONT. WHIP HIPS AND LEGS INTO DEFENDER TO TIE HIM UP.

REACH *



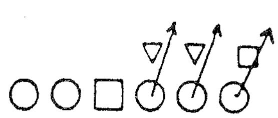
REACH HAT TO O/S NUMBER. LEAD STEP WITH NEAR FOOT. ENGAGE-SQUARE UP AND SUSTAIN.

CUT *



A DRIVING SHOULDER-BODY * THRU THE THIGH OF DEFENDER TO CUT HIS LEGS OUT FROM UNDER HIM. COULD USE THIS * AFTER A BUTT *.

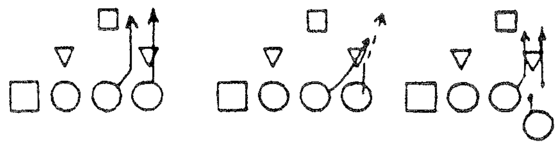
BIG REACH *



HAT THRU THE O/S NUMBER. LEAD STEP WITH NEAR FOOT TO GET O/S POSITION. TRY TO HOOK THE DEFENDER. SUSTAIN.

TE/H BLOCKS

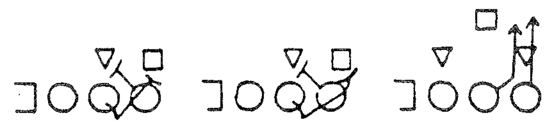
READ *



POWER ZONE STAB ZONE TE/H OFF BALL

IS A POWER ZONE * BY THE TKL AND TE *ER'S COURSE DETERMINED BY PLAY. TAKE DEFENDER TO THE 2ND LEVEL AND PICK UP LBER. TE-DRIVE *- STAY SQUARE-IF DEFENDER WORKS I/S-GET LBER. *LOS 1ST. IF TE/H ARE OFF BALL-STEP WITH INSIDE FOOT 1ST TO GET ON SAME LEVEL AS TKL.

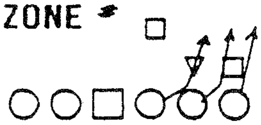
TAKE *



6/7 TRAP* 8/9 LOG* TKL UNCVD ZONE*

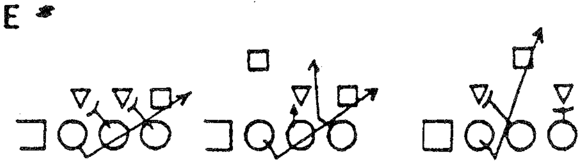
CROSS * BY THE TE/TKL ON OUTSIDE PLAYS. TE WILL DOWN* MAN OVER TKL. TKL-DROP STEP AND TRAP* OR LOG *.

GANG ZONE *



IS A CALL USED WHEN TE'S MAN IS HEAD UP TO I/S. A 3 MAN POWER ZONE USED WHEN THE TKL CANNOT GET THRU ON A READ WITH GD TO 2ND LEVEL.

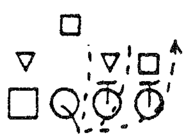
GEE *



TE GAP* TE TREY* TKL UNCVD TUG*

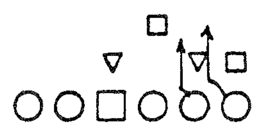
IS AN ONSIDE SCHEME BY GD-TKL-TE USED ON 6/7 HOLE PLAYS.

GAR *



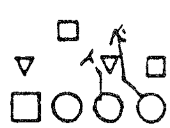
TELLS TKL/TE TO MAN* THE GD IS PULLING AROUND TO GET LBER.

TREY *



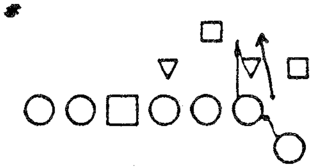
TKL/TE WILL DBL TEAM THE MAN OVER THE TKL. TKL WILL POST*. TE-STEP AT 45' ANGLE-GAIN GROUND-DO NOT PIVOT AIM HAT AT O/S HIP-EXPLODE THRU TO LBER. BLOCK LOS 1ST. EXPECT THE MAN TO SLANT TO YOU!

ADD *



POST *ER MAY COME OFF INSIDE

FOUR *



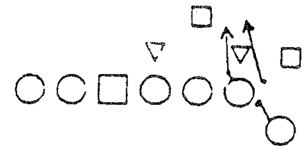
TE/H DBL TEAM THE MAN OVER TE TE IS THE POST *ER. STEP WITH INSIDE FOOT-STAY SQUARE-PUT HAT ON I/S NUMBER AND DRIVE*. H WILL STEP AT NEAR HIP-CLOSE CUSHION IN HURRY! DBL MAN TO LBER. *LOS 1ST.

FOUR

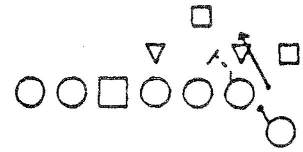
TE
1. YOU ARE THE POST #ER
2. JAB STEP INSIDE
3. HAT AT INSIDE NUMBER
4. NO PENETRATION-STOP DEFENDER'S CHARGE

H-BK
1. GAP STEP
2. AIM HAT AT NEAR HIP AND EXPLODE UP THRU
3. GET MOVEMENT ON DEFENDER TO 2ND LEVEL
4. IF DEFENDER BURIES-WORK THRU TO LBER.

FOUR #

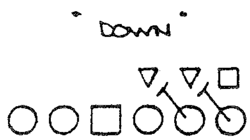


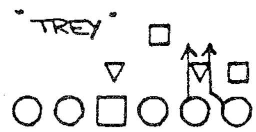
FOUR # / ADD



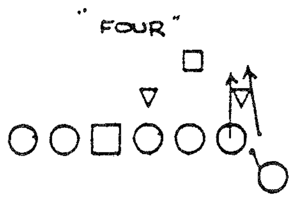
COUNTER RULES (TE)

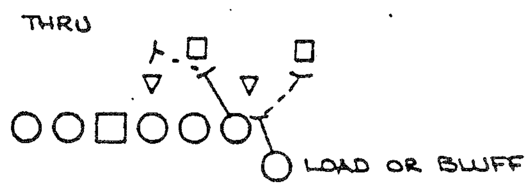
1. IF THE TACKLE IS COVERED DOWN # OR TREY#



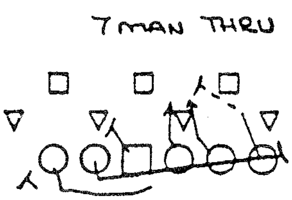


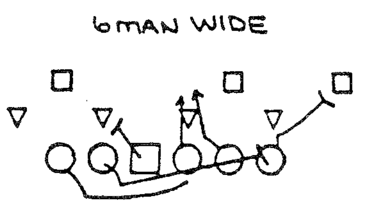
2. IF THE TACKLE IS UNCOVERED FOUR# OR THRU





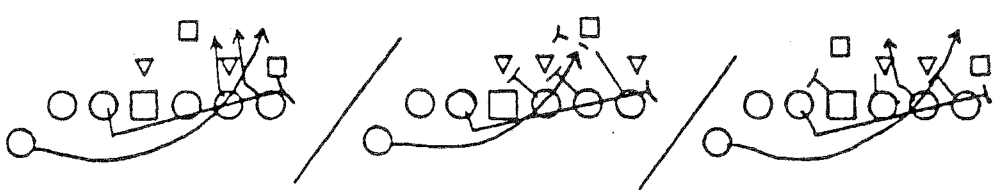
3. MUST READ THE BOX FOR THRU OR WIDE





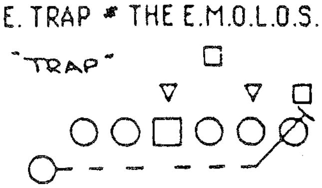
OH

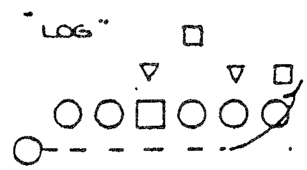
DROP STEP-PULL WITH A LITTLE DEPTH TO AVOID ANY PENETRATION-TURN UP AT 1ST DAYLIGHT AND LOOK OVER THE INSIDE SHOULDER.



POWER OH#

COURSE # TO KICK OUT OR LOG# E.M.O.L.O.S. #ER MUST GET TO THE BUTT OF THE TACKLE. TRAP # THE E.M.O.L.O.S.





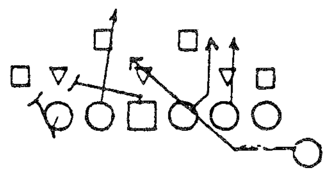
TRAP *

STAY LOW-FLAT DOWN THE LINE-GET THE FOOT DOWN AND EXPLODE ON CONTACT. GET THERE IN HURRY! DON NOT LET THE DEFENDER CLOSE THE HOLE. KEEP THE FEET MOVING.

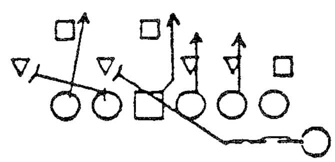
LEAD NOSE *ING

TRAP A DEFENSIVE LINEMAN. BANG TIMING IS A 2 STEP MOTION TO THE INSIDE HIP OF THE TACKLE PRIOR TO THE SNAP. THE POINT OF AIM THE NEAR HIP OF THE DEFENDER WITH THE HAT ON THE DOWNFIELD SIDE. THIS IS A COURSE *. TRAP AN AREA. EXPECT THE DEFENDER TO SLANT TO YOU.

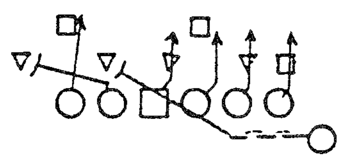
1. 'ODD'-TRAP OVER THE CENTER



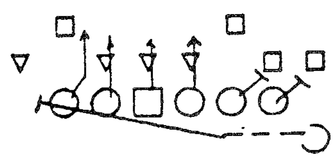
2. 'EVEN'-TRAP OVER THE WEAKSIDE GUARD



3. 'CUT'-TRAP 1ST DEFENDER PAST THE CENTER
(USED VS SLANT OR OFFSET NT)

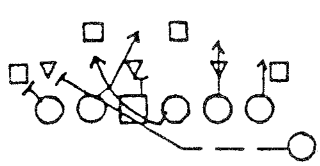


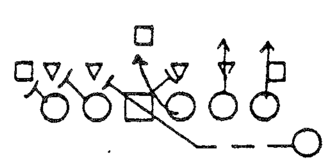
4. 'WHEEL'-TRAP E.M.O.L.O.S. WEAKSIDE



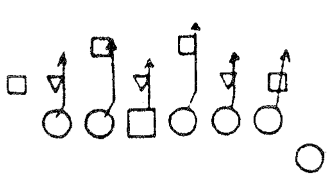
AOI * - (ACE*-OH*-INFLUENCE)

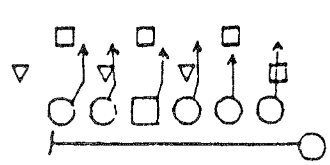
1. TRAP THE 1ST DEFENDER ON THE L.O.S. PAST THE CENTER





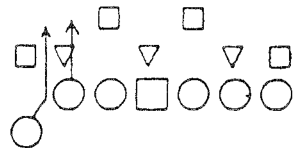
WHEEL * (GUT ONSIDE-Y/H TRAP E.M.O.L.O.S WEAK-TKL LEAVE 1)





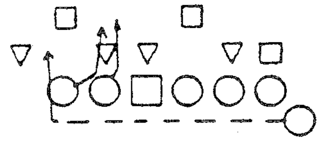
CUT-OFF*

*ER WILL REACH HIS HAT TO THE INSIDE NUMBER OF THE DEFENDER OVER HIM. LEAD STEP WITH THE NEAR FOOT-SUSTAIN-DO NOT LET DEFENDER CROSS YOUR FACE.



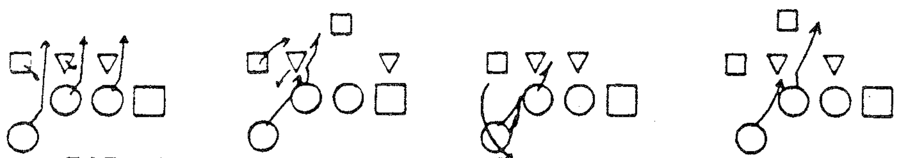
(WHEN IN MOTION)

MOTION TO THE HIP OF THE TACKLE-DROP YOUR WEIGHT-PLANT THE FOOT AND SQUARE UP FOR CUT-OFF* OR COMBO*.



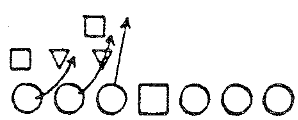
COMBO*

IS AN OFFSIDE POWER ZONE * BETWEEN THE TKL AND Y/H TO THE 2 MOST DANGEROUS DEFENDERS WEAKSIDE. *ERS WILL LEAD STEP WITH THE NEAR FOOT AND POWER ZONE THE DEFENDERS. ANGLE OF DEPARTURE WILL BE DETERMINED BY THE PLAY. *ERS WILL ADJUST TO THE DEFENDERS CHARGE.



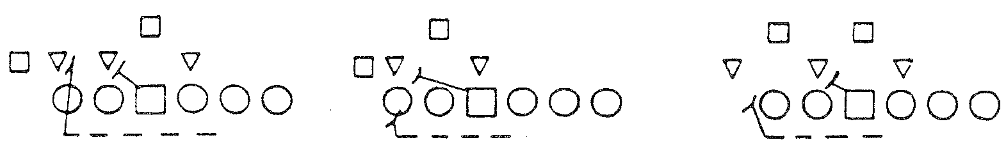
BIG SLIP*

IS AN OFFSIDE POWER ZONE BY THE GD/TKL/Y-H TO THE 3 MOST DANGEROUS DEFENDERS. USED WHEN TKL FEELS HE IS UNABLE TO GET THRU ON COMBO OR THE DEFENDER HAS HIM OUT FLANKED.



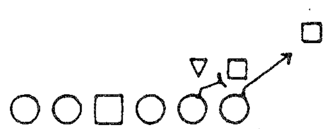
HOLD-OFF*

*ER WILL SEAL THE OFFSIDE FOR COUNTER *ING. *ER WILL CUT-OFF * THE 2ND DEFENDER ON THE LOS PAST THE CENTER. MOTION TO THE BUTT OF THE TKL-GIVE HIM ROOM TO PULL.



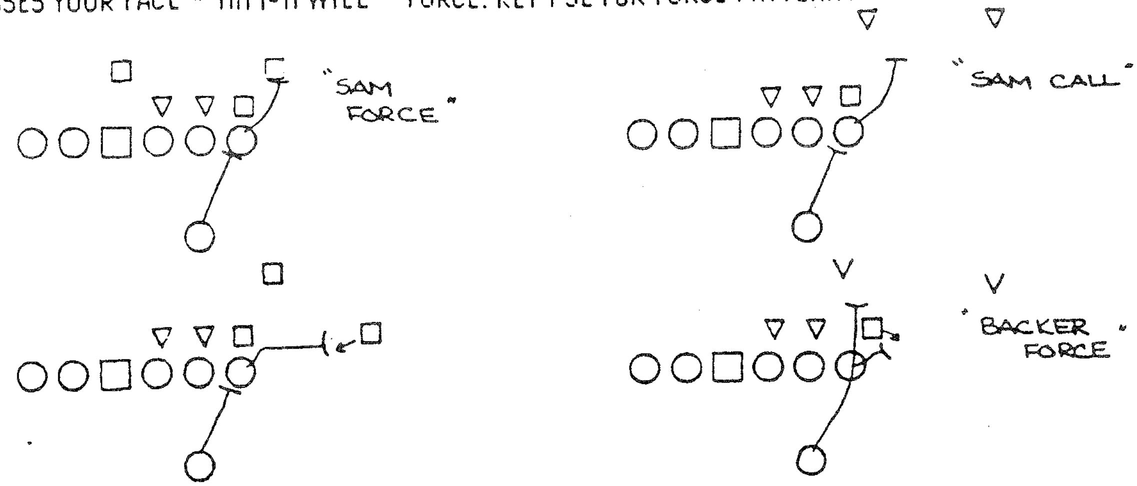
INFLUENCE *

*ERS WILL START LIKE A REACH * THEN * THE NEXT DEFENDER TO THE OUTSIDE. TE WILL * FORCE.



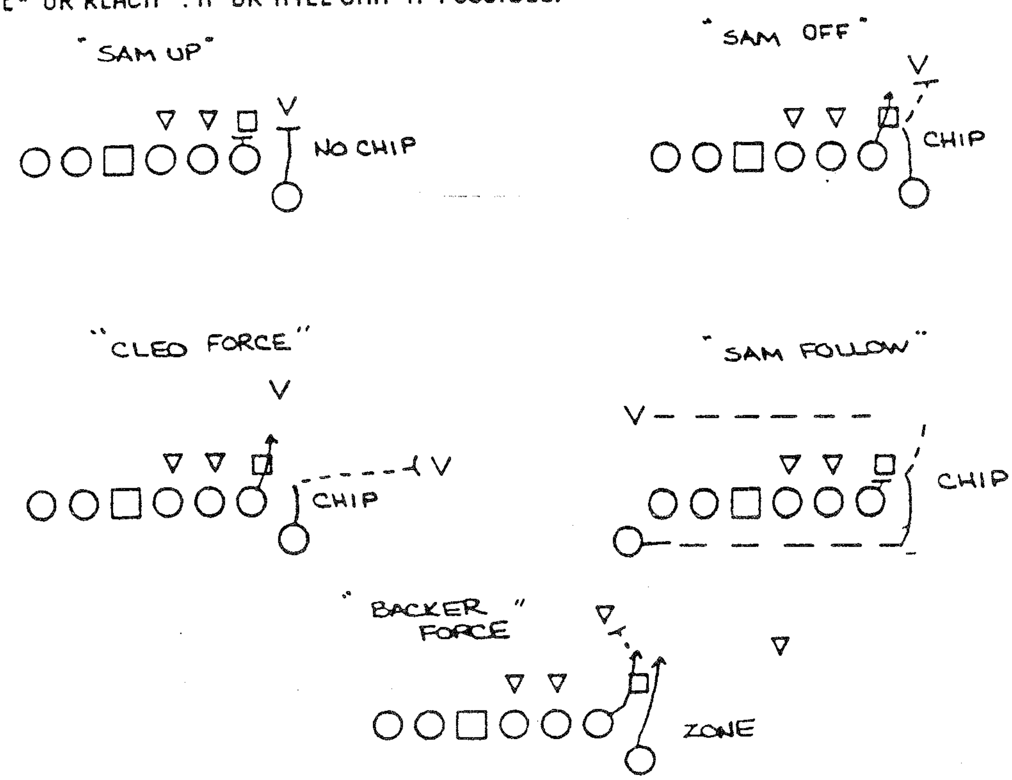
TER *

TE WILL OUTSIDE RELEASE AND BLOCK FORCE. RIP THRU THE LBER. IF THE DEFENDER CROSSES YOUR FACE * HIM-H WILL * FORCE. KEY PSL FOR FORCE PATTERN AND ADJUST TO IT.



FORCE *ING

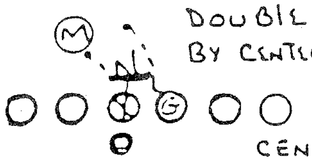
THE Y AND H-BK WILL ZONE BLOCK THE E.M.O.L.O.S. TO THE FORCE DEFENDER. Y WILL DRIVE* OR REACH*. H-BK WILL CHIP IF POSSIBLE.



RUN BLOCKING CALLS AND COMBINATIONS

ACE (ADD)

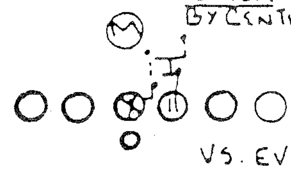
DOUBLE TEAM BLK BY CENTER/ONSIDE GD.



CENTER POST BLK
GUARD POWER BLK

RAY

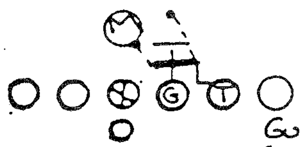
POWER ZONE BLK BY CENTER/RT GD



VS. EVEN DEF. 4/5 HOLE.

DEUCE (ADD)

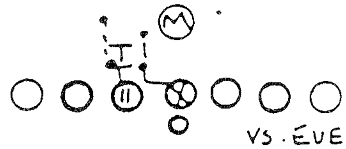
DOUBLE TEAM BLK BY GUARD/ONSIDE TACKLE



GUARD POST BLK
TACKLE POWER BLK

LENNY

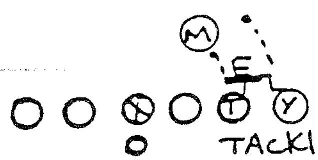
POWER ZONE BLK BY CENTER/LT. GD.



VS. EVEN DEF. 4/5 HOLE

TREY (ADD)

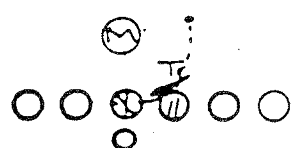
DOUBLE TEAM BLK BY ONSIDE TACKLE/T.E.



TACKLE POST BLK
T.E. POWER BLK

BIG RAY

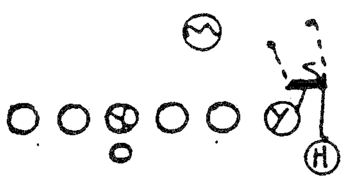
STAB ZONE WHERE CENTER BLKS DT AND RG BLK MAC. USED ON 6-7/8-9 HOLE PLAYS.



USED VS. EVEN DEF.

FOUR (ADD)

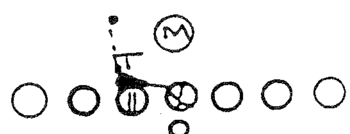
DOUBLE TEAM BLK BY T.E/H. ONSIDE.



Y POST BLK
H POWER BLK

BIG LENNY

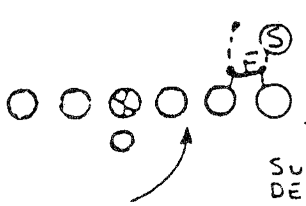
STAB ZONE WHERE CENTER BLKS DT AND LG BLK MAC. USED ON 6-7/8-9 HOLE PLAYS.



USED VS. EVEN DEF.

COMBO/ONSIDE

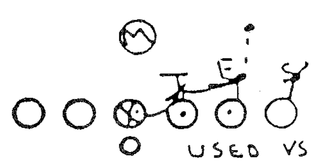
BLK. USED ON 40/50 GUT VS. WIDE END STUB LOOSE.



T.E./TACKLE SURGE ZONE DEF END-STUB

TEAM

THREE MAN POWER ZONE INVOLVING C-G-T VS. 43 AND FLEX DEFENSES.

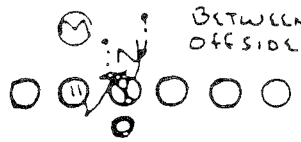


USED VS EVEN DEF ON 4-5/6-7/8-9 HOLE RUNS.

RUN BLOCKING CALLS AND COMBINATIONS

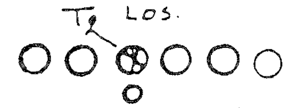
SCOOP

OFFSIDE POWER ZONE BETWEEN CENTER AND OFFSIDE GD.



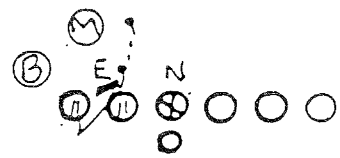
OFF

BLOCK USED BY CENTER AWAY FROM POA. CENTER BLKS OFF 1ST MAN ON LOS.



SLIP

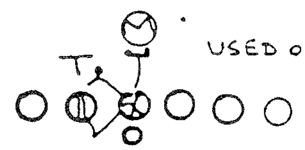
OFFSIDE POWER ZONE BETWEEN OFFSIDE GUARD AND TACKLE..



CHOKE

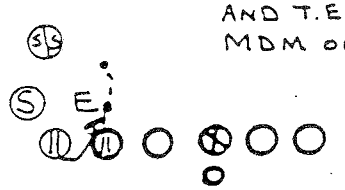
STEP AROUND BLOCK BY CENTER/OFFSIDE GUARD. CENTER BLKS D.T. - GD STEPS AROUND FOR 2ND LEVEL MAC.

USED ON 0-1 HOLE RUNS



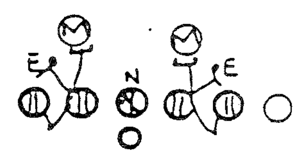
COMBO (offside)

OFFSIDE POWER ZONE BETWEEN OFFSIDE TACKLE AND T.E. TACKLE BLKS MDM ON 2ND LEVEL.



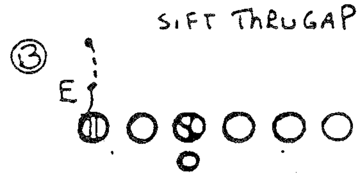
FOLD

USED BOTH ON ONSIDE AND OFFSIDE. GUARD BLKS OUT-TACKLE FOLDS UNDER AND BLKS. 2ND LEVEL BACKER.



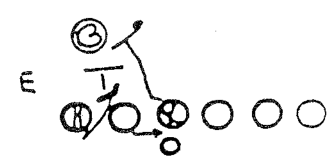
CUTOFF SIFT

OFFSIDE TACKLE TECHNIQUE USED VS. STACK OR HIP ALIGN OF B BACKER & WIDE END. TACKLE SIFT THRU GAP AND BLK MDM.



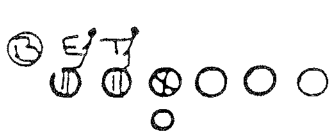
CAL

CALL MADE BY CENTER TO ALERT OFFSIDE TACKLE TO CUT OFF 3 TECH. DEFENDER.



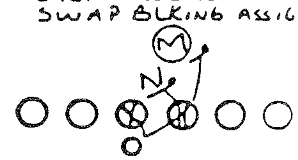
CUTOFF

OFFSIDE TECHNIQUE USED TO PREVENT DEFENDER FROM CROSSING FACE. FORCE DEFENDER AROUND BLOCK.



CHUCK

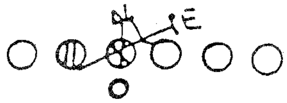
ONSIDE BLKING SCHEME BY CENTER AND ONSIDE GUARD. GD BLK DOWN ON N - CENTER STEP AROUND FOR 2ND LEVEL BACKER. SWAP BLKING ASSIGNMENTS.



RUN BLOCKING CALLS AND COMBINATIONS

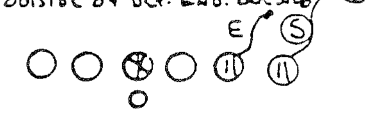
SHORTY

SHORT TRAP BY OFFSIDE GD. TRAP 1ST MAN THRU BALL.



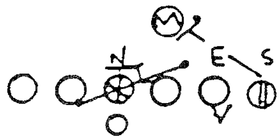
INFLUENCE

REACH INFLUENCE. TE RELEASE THRU OUTSIDE OF END MAN ON LOS. BLK'S TACKLE RELEASE THRU OUTSIDE OF DEF. END. BLK STUB



FIRE

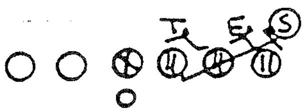
CALL TO ALERT T.E. TO BLK 1ST INSIDE LINEBACKER ON KIK TRAP. USED VS. DEEP INSIDE BACKERS ON KIK TRAP 4-5 HOLE.

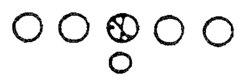




GEE

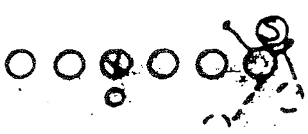
ONSIDE GD. SHORT TRAP 1ST MAN OUTSIDE Y ON LOS. ONSIDE TE/ TACKLE BLK DOWN.





LOAD

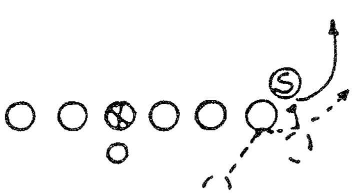
BLOCK PERFORMED BY WING BACK OR NEAR BACK ON END MAN ON LOS. USED ON 8-9 HOLE CTR. LOAD.





BLUFF

BLUFF TECH. USED BY WINGBACK OR NEARBACK ON END MAN ON LOS.





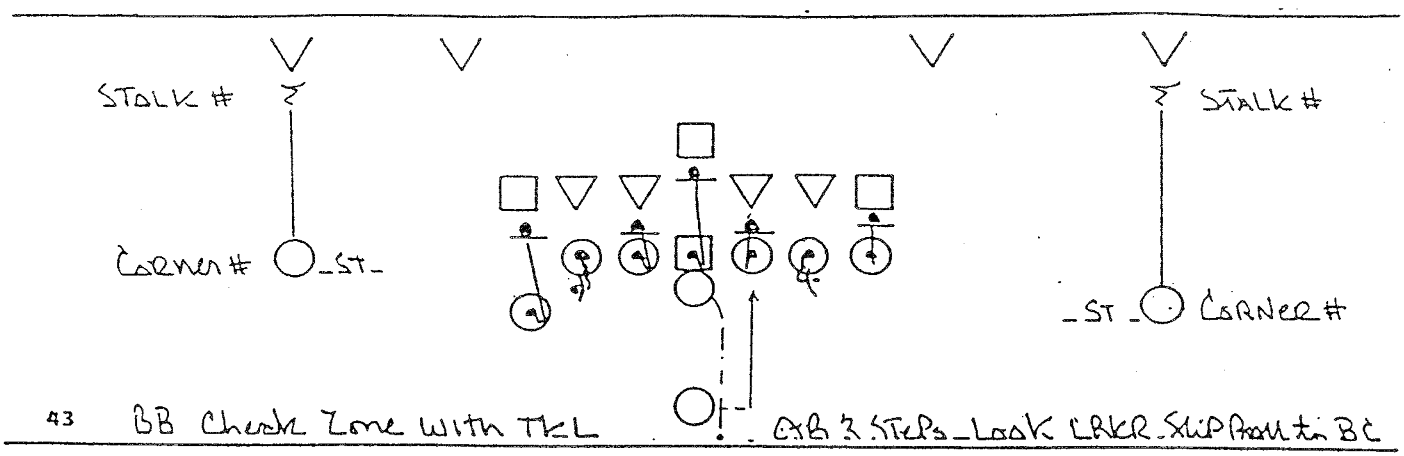
PLAY: 20(30) PAINT

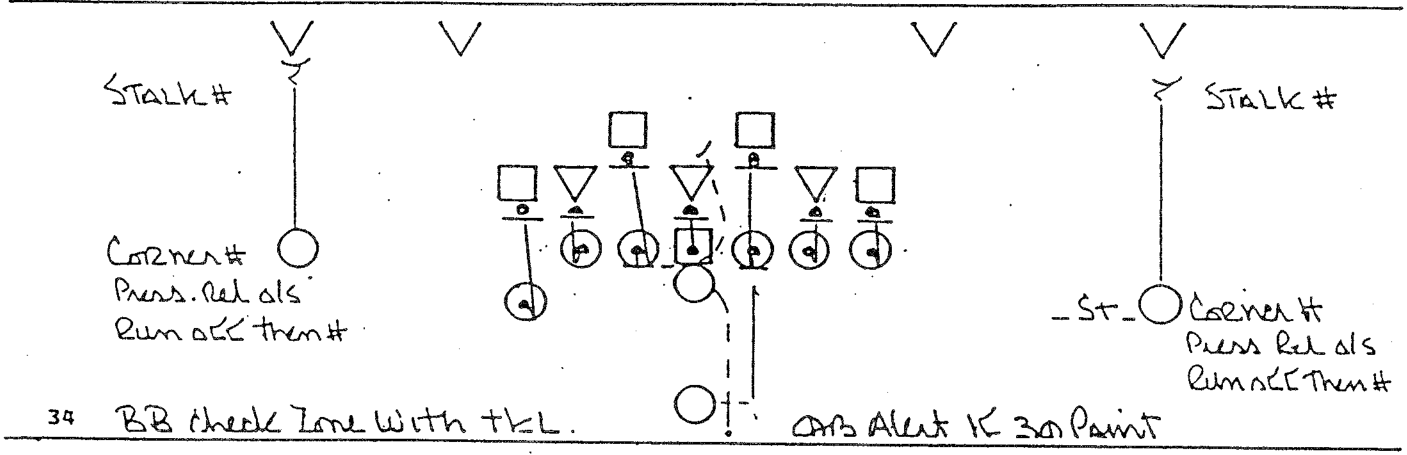
SHOW PASS SET - NO PENETRATION -- BE ALERT FOR STUNTS - SUSTAIN

RC: Q: TOES AT 6 YDS PSL FOR COVERED LINEMAN - RUN OFF COVERED CTR OR GRD. IF ON SIDE GRD AND CTR COVERED RUN OFF GRD. SLIDE TO THE GRD PAUSE FOR BALL. PRESS THE READ - RUN TO DAY LITE.

T: TOES AT 5 YDS. SAME RULES AS ABOVE.

QB: 3 STEP DROP. LOOK LBKR. PAUSE AT MESH POINT.





WHAT IF:

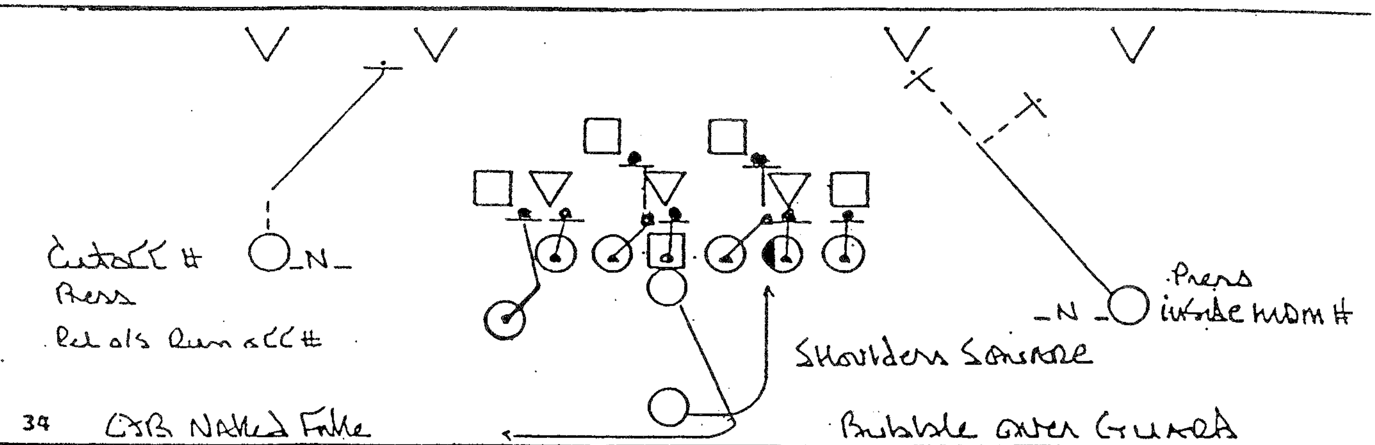
1. COLT - BB # E.M.O.L.O.S. TKL SLIP #.
2. 44 WIDE SAM. AUDIBLE
3. 57 WIDE SAM. AUDIBLE
4. SDF. AUDIBLE

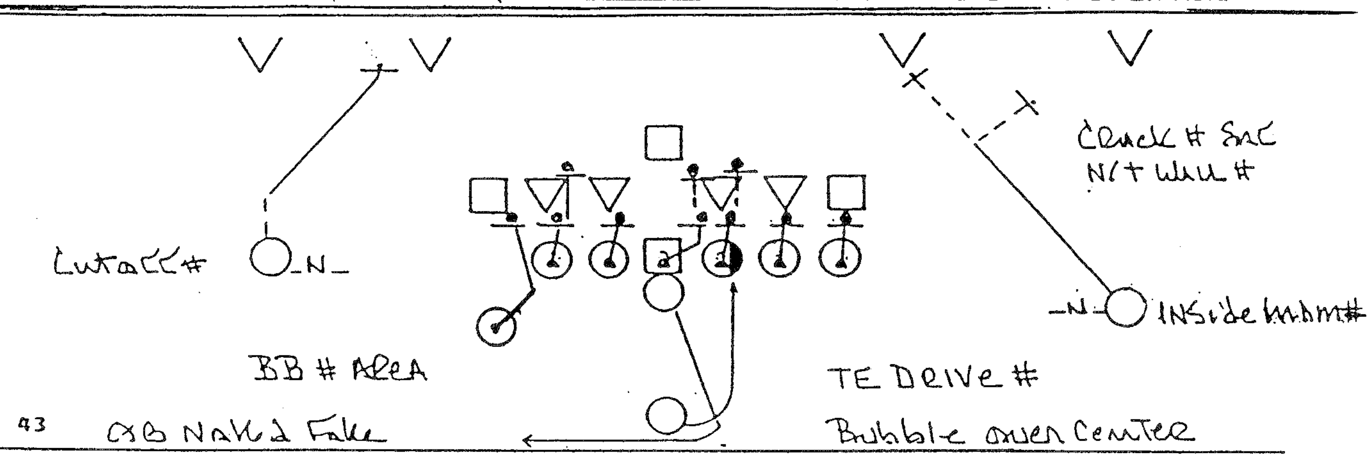
PLAY: 40(50) GUT

POWER ZONE # ON SIDE -- TIGHT CUT OFF # OFFSIDE

● : TOES AT 6 1/2 YDS. PSL TO LOCATE BUBBLE. LANDMARK DETERMINED BY BUBBLE. FOOTWORK: OPEN STEP CROSS OVER ROLL BUBBLE OVER GRD PRESS INSIDE HIP OF THE TKL - FEEL NOSE. POSSIBLE SPILL VS DE PINCH. BUBBLE OVER CTR OR TKL PRESS OUTSIDE HIP OF GRD. BC MUST PRESS THE HOLE.

QB: OPEN GET BALL DEEP TO BC. MUST PSL TO LOCATE BUBBLE WITH BC.





WHAT IF:

1. SDF. HB SHIFT TO TRIPS FOR DUBS #ING. POSSIBLE AUDIBLE.
2. 44 HB SHIFT TO TRIPS FOR 44 #ING - CTR STEP ONSIDE WORK BACK. POSSIBLE WHAM CALL STRONG TO # MAC. POSSIBLE AUDIBLE.

40/50 GUT

STRONGSIDE POWER ZONE-WEAKSIDE TIGHT CUTOFF

QB

OPEN-GET BALL DEEP TO R-BK.
PSL TO LOCATE THE BUBBLE

WR

ONSIDE-INSIDE MDM #
OFFSIDE-CUTOFF #

R-BK

OPEN STEP-CROSSOVER-ROLL
TOES AT 6 1/2 YARDS
PSL-LANDMARK DETERMINED BY BUBBLE
BUBBLE OVER GUARD-PRESS INSIDE HIP OF TACKLE
GUARD COVERED-PRESS OUTSIDE HIP OF GUARD

TE/Y

COVERED-DRIVE # MAN OVER, IF TKL IS UNCOVERED READ #.
ALERT FOR GANG # OR BLAST # IF A BUBBLE OVER THE GUARD.
SDF-#INSIDE DUBS
44-TREY# WITH TKL TO MAC

H-BK

WEAKSIDE-CUTOFF # 3RD DEFENDER
STRONGSIDE-# SUPPORT
SDF-# OUTSIDE DUBS
44- # MAN OVER TE/Y (STUB)

CENTER

COVERED-DRIVE # MAN OVER, POSSIBLE SCOOP # IF WEAK GUARD IS UNCOVERED
UNCOVERED-RAY/LENNY #

STRONG GUARD

COVERED-DRIVE # MAN OVER, POSSIBLE RAY/LENNY IF CENTER IS UNCOVERED
UNCOVERED-READ # WITH TACKLE
ALERT GANG # OR BLAST #

STRONGSIDE TACKLE

COVERED-DRIVE # MAN OVER,POSSIBLE READ # IF GUARD IS UNCOVERED
ALERT GANG # OR BLAST #
UNCOVERED-READ # WITH TE/Y
SDF-#MAC
44-TREY # WITH TE/Y TO MAC

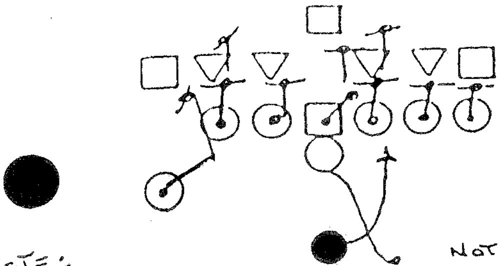
WEAKSIDE GUARD

COVERED-CUTOFF #, POSSIBLE SLIP # IF TKL IS UNCOVERED.
UNCOVERED-SCOOP # WITH CENTER
44-CENTER IS WORKING WEAK

WEAKSIDE TACKLE

COVERED-CUTOFF # OR COMBO #
UNCOVERED-SLIP # TO 2ND DEFENDER

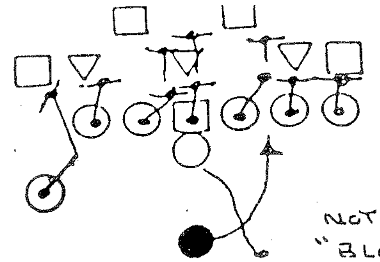
40/50 GUI



NOTE:
KEY BLOCK-
CUT-OFF BLOCK
BY OFF-GUARD

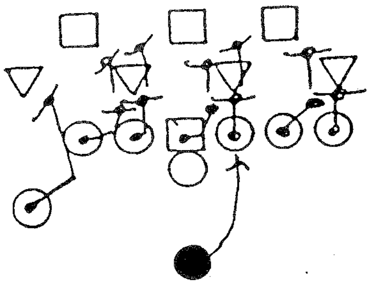
NOTE:
"CHOKE" BLOCK
BY GAME PLAN

43

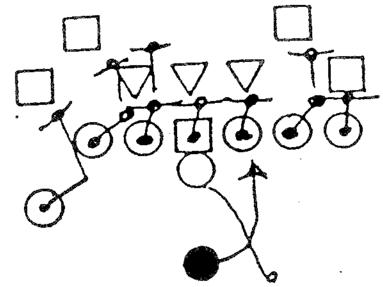


NOTE:
"BLAST" CALL BY TE
BLAST #'s BY TE, OT, OG

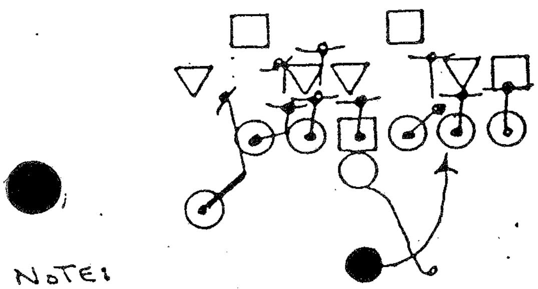
34



43 BC

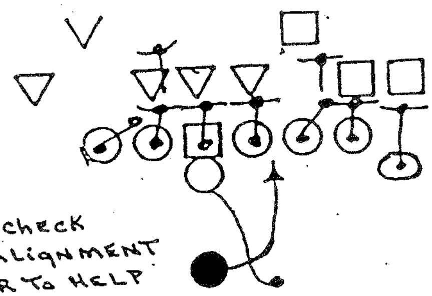


SOLID CHARGER



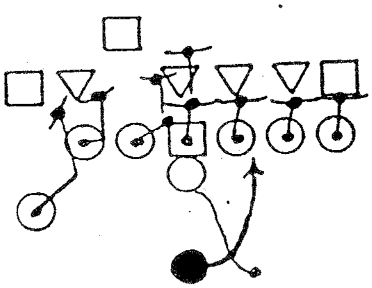
NOTE:
OFF-GUARD/TACKLE
GET SURGE.

54

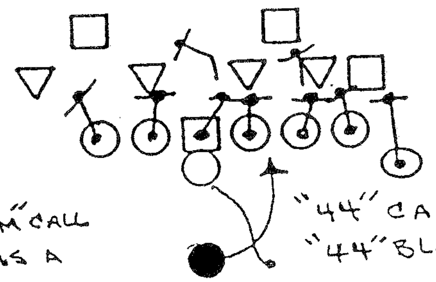


NOTE:
ON TACKLE check
MAC LBKRS ALIGNMENT
ON WHETHER TO HELP
TE OR ON GUARD.

SOLID DUBS FIST



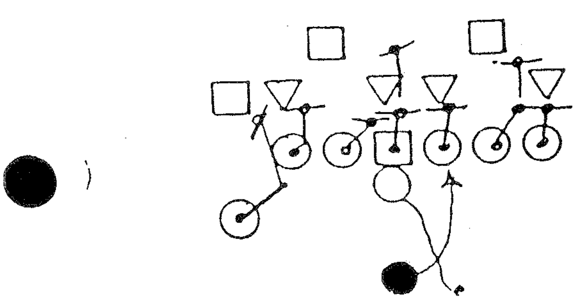
56



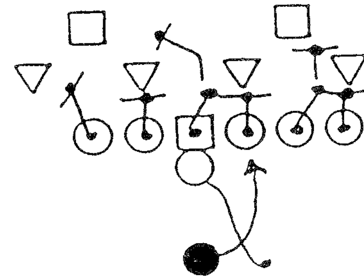
ALERT-
STRONG "WHAM" CALL
BY CENTER IS A
POSSIBILITY.

"44" CALL
"44" BLOCKING

44



57



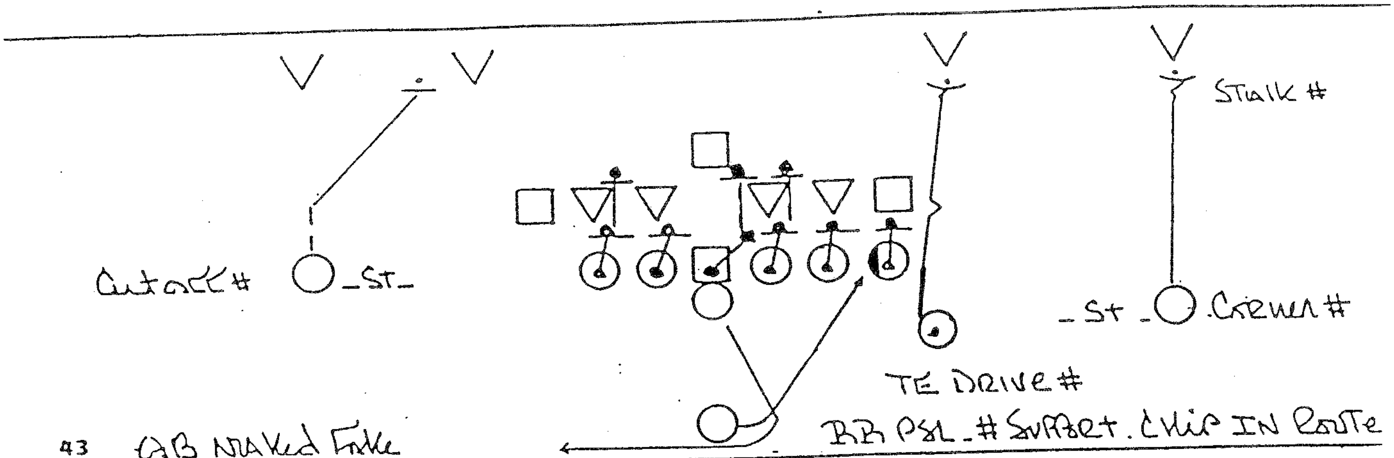
42

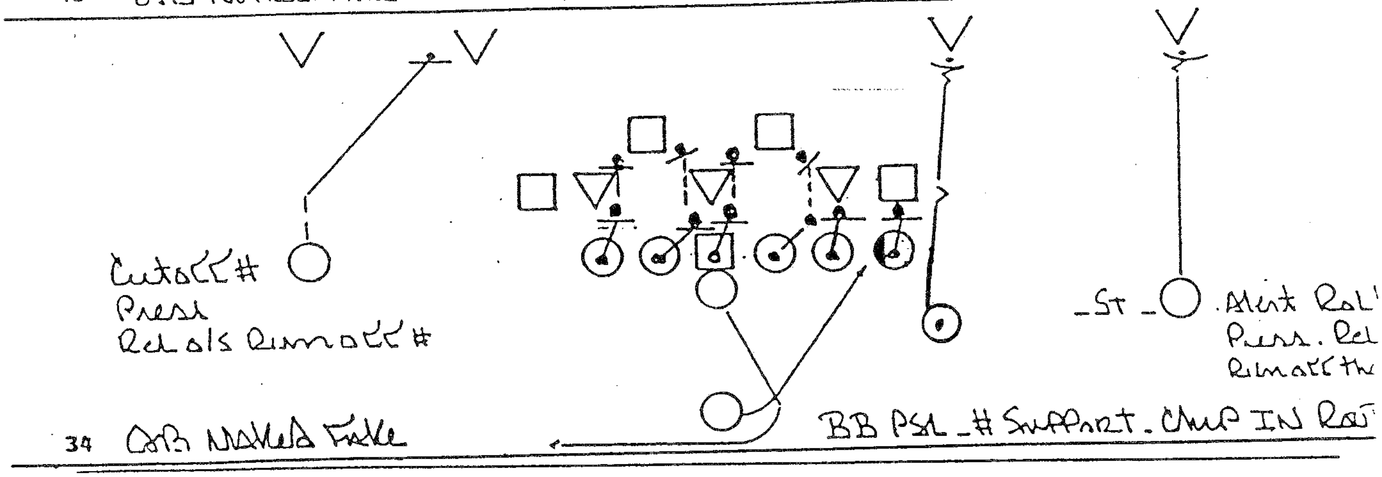
PLAY: 60(70) GASH

POWER ZONE # ON SIDE -- CUT OFF # OFF SIDE

TOES AT 6 1/2 YDS. PSL FOR SUPPORT LOOK. OPEN STEP SLASH FOR INSIDE FOOT OF TE AT 7/8 SPEED. PRESS THE HOLE. POSSIBLE SPILL VS PINCH BY DEFENDER OVER TE.

QB: OPEN SPRINT TO BC.





WHAT IF:

1. SDF. HB SHIFT TO TRIPS FOR DUBS #ING.
2. 44. HB SHIFT TO TRIPS FOR 44 #ING. CTR STEP O/S WORK BACK.
3. QB/R-BK RUN GUT.

60/70 GASH

STRONGSIDE POWER ZONE-WEAKSIDE TIGHT CUTOFF

QB
OPEN SPRINT TO R-BK

CENTER
COVERED-DRIVE # MAN OVER, POSSIBLE SCOOP # IF WEAK GUARD IS UNCOVERED
UNCOVERED-RAY/LENNY #

WR
ONSIDE-CORNER #
OFFSIDE-CUTOFF #

STRONG GUARD
COVERED-DRIVE # MAN OVER, POSSIBLE RAY/LENNY IF CENTER IS UNCOVERED
UNCOVERED-READ # WITH TACKLE ALERT GANG # OR BLAST #

R-BK
OPEN STEP-SLASH FOR INSIDE FOOT OF THE TE AT 7/8 SPEED
TOES AT 6 1/2 YARDS.
PSL SUPPORT LOOK

STRONGSIDE TACKLE
COVERED-DRIVE # MAN OVER,POSSIBLE READ # IF GUARD IS UNCOVERED
ALERT GANG # OR BLAST #
UNCOVERED-READ # WITH TE/Y
SDF-#MAC
44-TREY # WITH TE/Y TO MAC

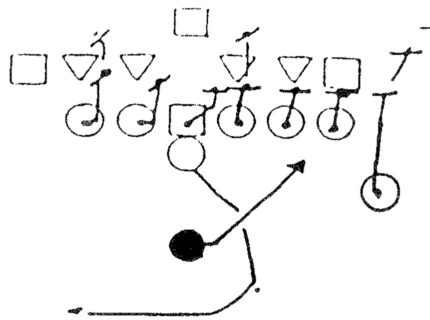
TE/Y
COVERED-DRIVE # MAN OVER, IF TKL IS UNCOVERED READ #.
ALERT FOR GANG # OR BLAST # IF A BUBBLE OVER THE GUARD.
SDF-#INSIDE DUBS
44-TREY# WITH TKL TO MAC

WEAKSIDE GUARD
COVERED-CUTOFF #, POSSIBLE SLIP # IF TKL IS UNCOVERED.
UNCOVERED-SCOOP # WITH CENTER
44-CENTER IS WORKING WEAK

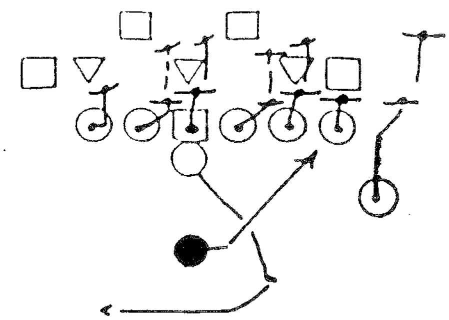
H-BK
WEAKSIDE-CUTOFF # 3RD DEFENDER
STRONGSIDE-# SUPPORT
SDF-# OUTSIDE DUBS
44- # MAN OVER TE/Y (STUB)

WEAKSIDE TACKLE
COVERED-CUTOFF # OR COMBO #
UNCOVERED-SLIP # TO 2ND DEFENDER

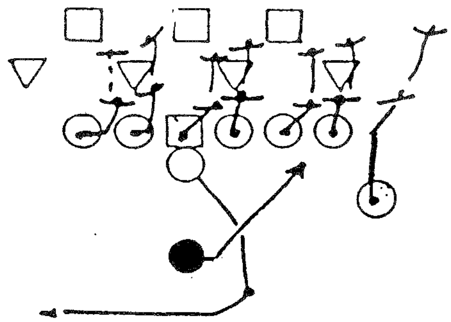
60/70 GASH



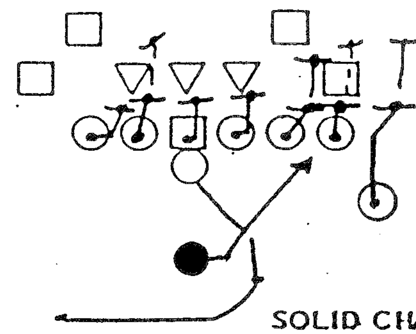
43



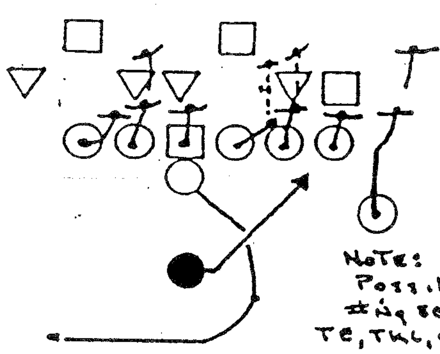
34



43 BC



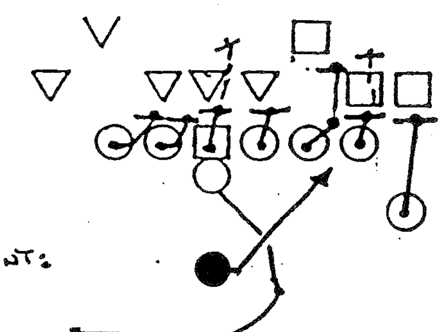
SOLID CHARGER



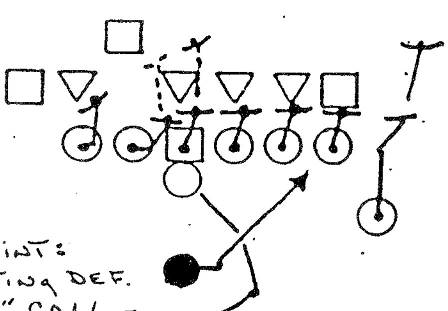
NOTE:
POSSIBLE GANG #ING SCHEME BY
TE, TKL, GD.

54

COACHING POINT:
"BIG SCOOP."



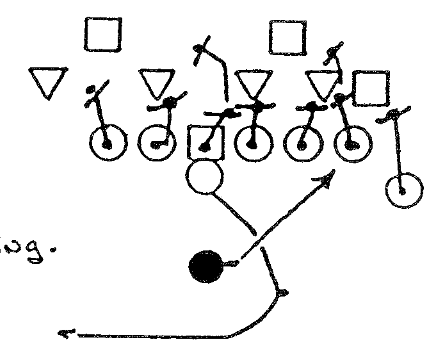
SOLID DUBS FIST



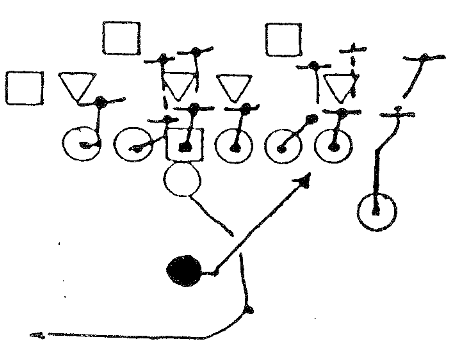
OACHING POINT:
VS. A STUNTING DEF.
"TRIPLE" CALL.
TKL, GD, CTR, OFF GD. INVOLVED.

56

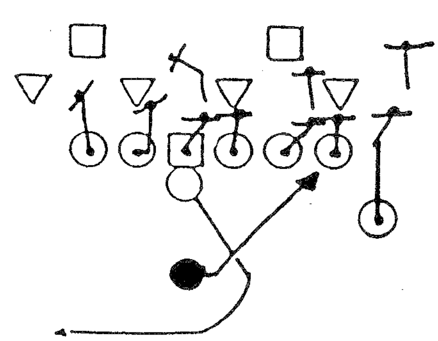
NOTE:
"44" BLOCKING.



44



57



42

RUNNING GAME

PLAY:

40-50 GUT SEAL

"Y" RULE: Man Block #3

ONSIDE	OFFSIDE
Same as 40-50 Gut	Same as 40-50 Gut

"H" RULE: Bang movement and trap first man on LOS past Center's box.

"R" RULE: Ball Carrier

TECHNIQUE: Open step, cross-over, plant; read block of OT. Run the same as 40-50 Gut except we don't expect dramatic cut back possibility.

"QB" Deep reverse pivot, get ball to "R" as deep as possible.

"X" RULE: Near back

TECHNIQUE: Crossfield technique (Cut)

"Z" RULE: Most dangerous out of secondary (MDM)

TECHNIQUE: Stalk

OFF T If covered by a LINEBACKER - take a short lead step with playside foot - explode to 2nd level to block playside number of linebacker. If covered by a DOWN LINEMAN - block next defender to your outside on or off LOS. Take short lead step with near foot and then explode - block the defender's near number using an angle drive technique. If defender aligned on you loops or works to your outside - lock-on and maintain the block using short, choppy steps. NOTE: Take a 3 FOOT SPLIT on this play so you don't get caught in the TRASH.

RUNNING GAME

PLAN NO.

40-50 GUT SEAL

RULES - TECHNIQUES - COACHING POINTS:

MUSTS: Maximum splits - (2-3-3) - put stretch on the defense.

C — MAN BLOCKING - OVER - (PLAYSIDE GAP TECHNIQUE) - same as 40-50 Gut.

CALLS TO BE ALERT FOR:

a) ODD - Your call - covered by a down lineman.

b) EVEN - Covered by a linebacker.

c) ORANGE or YELLOW - Uncovered - same as 40-50 Gut!

d) GAP - Same as 40-50 Gut!

ON G — MAN BLOCKING - #1 - (DRIVE TECHNIQUE - OUTSIDE NUMBER)

CALLS TO BE ALERT FOR:

a) GAP - Your call - same as 40-50 Gut

b) 4 or 4-I CALL - Same as 40-50 Gut

c) WILLY - Same as 40-50 Gut

ON T — MAN BLOCKING - #2 - (DRIVE TECHNIQUE - Block a point between his sternum and outside number - Create the Stretch).

a) 4 or 4-I CALL - Same as 40-50 Gut

b) WILLY - Same as 40-50 Gut

c) 6 or 7 CALL - Same as 40-50 Gut

OFF G — If covered by a LINEBACKER - Same as 40-50 Gut. If covered by a DOWN LINEMAN - block next defender to your outside on or off LOS. Take a short lead step with near foot and then explode. Block the defender's near number using an angle drive technique. If defender aligned on you loops or works to your outside - lock-on and maintain the block using short, choppy steps. NOTE: If tackle is covered by a linebacker block the defensive end.

RUNNING GAME

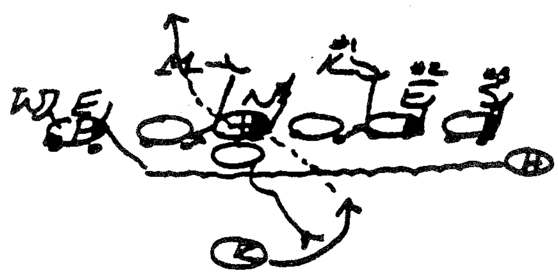
PLAY NO.

40-50 GUT SEAL

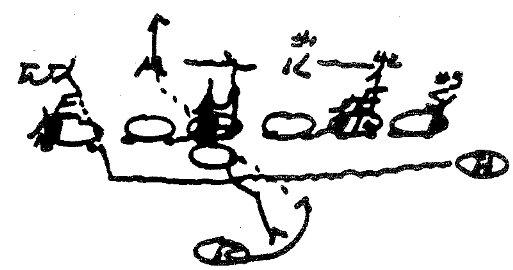
GUT SEAL is a change up blocking scheme for 40-50 Gut. This blocking scheme is similar to LEAD NOSE except our "H-BACK" will lead on first lineman from the backside guard box to the backside.

DEFENSIVE FRONTS - 1986

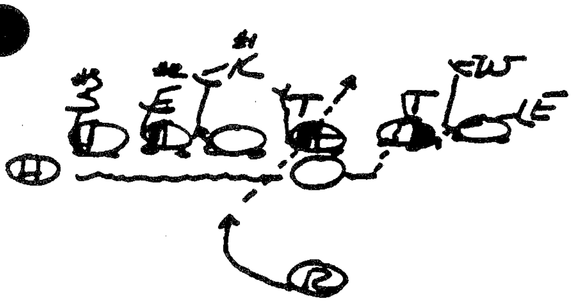
34 (SHADE STRONG)



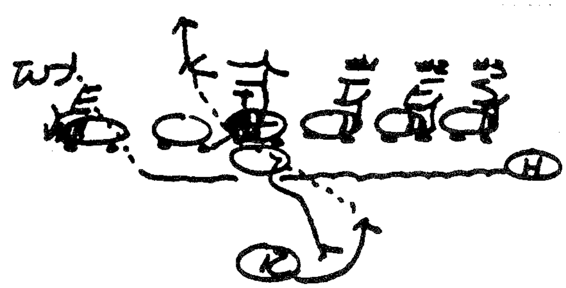
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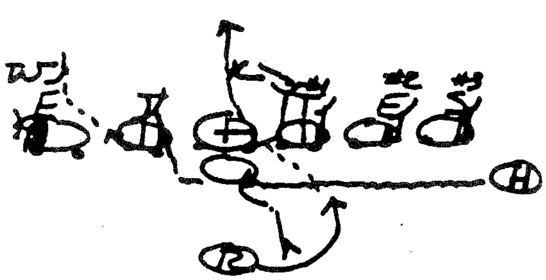
UNDER (34 WEAK EAGLE)



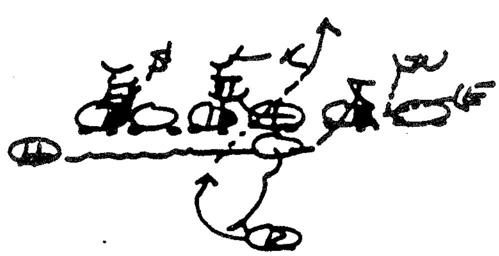
OVER



4-3

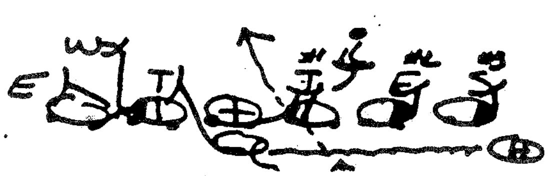


4-3 (DOUBLE X)

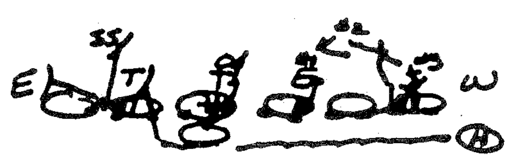


4-4 (34 OVER)

ENTER - ORANGE CALL



BULLETS - 46 (34 DOUBLE EAGLE)



RUNNING GAME

PLAY:

40-50 LEAD NOSE

"Y" RULE: Man Block #3

ONSIDE	OFFSIDE
Same as 40 Gut	Same as 40 Gut

"H" RULE: Bang movement and trap the center's call. Odd call trap the man on the center. Even call, Orange or Yellow then trap 1st down lineman past the center's box.

"R" RULE: Ball carrier

TECHNIQUE: Open step, cross over, plant; read block of onside tackle.

"QB" Deep reverse pivot, get ball to the "R" as deep as possible.

"X" RULE: Backside; Near Back

TECHNIQUE: Crossfield technique (Cut)

"Z" RULE: Onside - most dangerous out of secondary

TECHNIQUE: Stalk

RUNNING GAME

PLAY NO.

40-50 LEAD NOSE

RULES - TECHNIQUES - COACHING POINTS:

MUSTS: Maximum Splits - (2-3-3) - Put stretch on the defense!

C - CALL THE FRONT - a) ODD - covered by a down lineman; b) EVEN - covered by a linebacker.
ODD CALL - Block backside (PICK IT) - If nose guard shaded backside - block under chin - High pressure control!
EVEN CALL - Same as 40-50 Gut

CALLS TO BE ALERT FOR:

a) ORANGE OR YELLOW - Same as 40-50 Gut

b) GAP - Same as 40-50 Gut

ON G - MAN BLOCKING - #1 - (Drive Technique - Outside Number)

CALLS TO BE ALERT FOR:

a) GAP - Your Call - Same as 40-50 Gut

b) 4 or 4-1 CALL - Same as 40-50 Gut

c) WILL Y - Same as 40-50 Gut

ON T - MAN BLOCKING - #2 - (Drive Technique - Block a point between his sternum and outside number - create the stretch)

CALLS TO BE ALERT FOR:

a) 4 or 4-1 CALL - Same as 40-50 Gut

b) WILL Y - Same as 40-50 Gut

c) 6 or 7 CALL - Same as 40-50 Gut

OFF G - If covered by a LINEBACKER - Take a short lead step with playside foot - explode to 2nd level to block playside number of linebacker. If nose/tackle loops into you - get movement on this defender as you work to 2nd level - look for outside linebacker (WILL BACKER)! If covered by a DOWN LINEMAN - Block next defender to your outside on or off LOS, take a short lead step with near foot and explode. NOTE: If tackle is covered by a linebacker block the defensive end.

OFF T - If covered by a LINEBACKER - Take a short lead step with playside foot - explode to 2nd level to block playside number of linebacker. If covered by a DOWN LINEMAN - block next defender to your outside on or off LOS. Take a short lead step with near foot and then explode - Block the defender's near number using an angle drive technique. If defender aligned on you loops or works to your outside, lock-on and maintain the block using short choppy steps. NOTE: Take a 3 FOOT SPLIT on this play so you don't get caught in the TRASH.

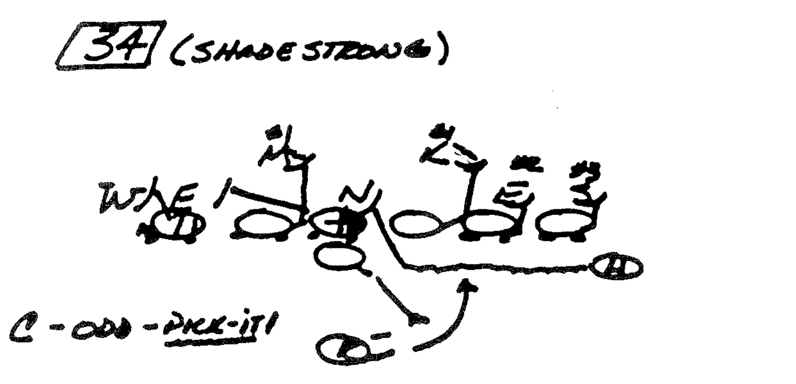
RUNNING GAME

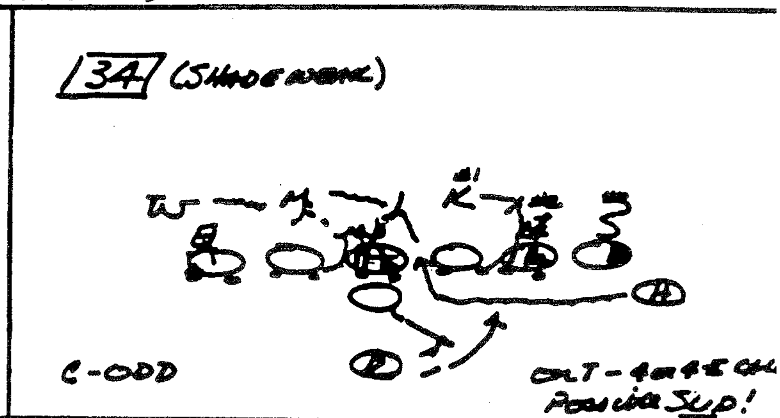
PLAY NO.

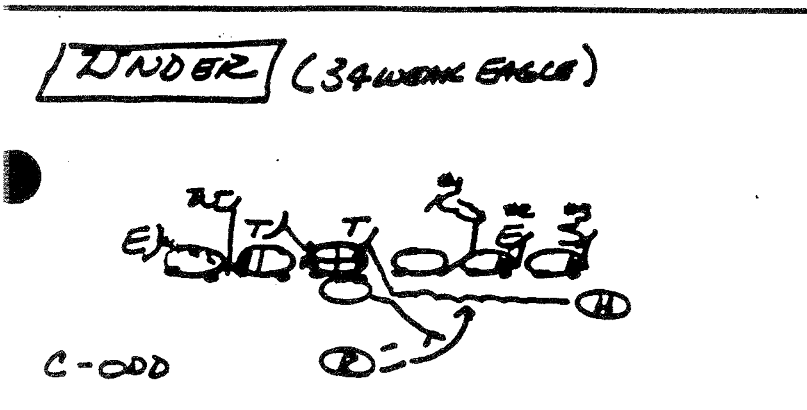
40-50 LEAD NOSE

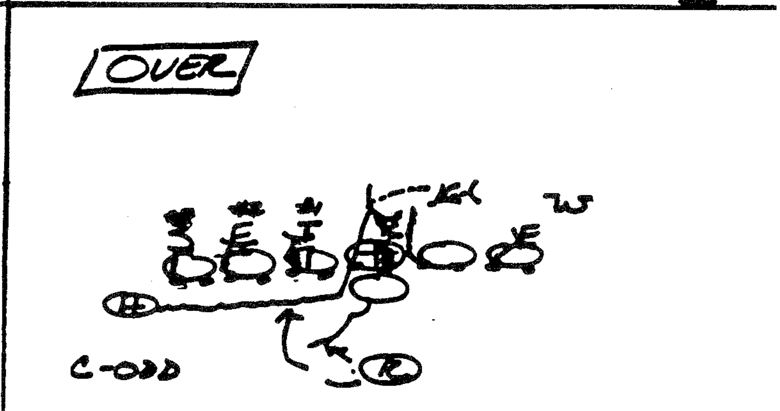
LEAD NOSE is a change up blocking scheme for 40-50 Gut. Excellent way to separate the defense versus the different over-shifted looks giving our offensive linemen good blocking angles on the offside. Our "H-BACK" will use BANG MOVEMENT to lead on the first lineman from Center box to backside!

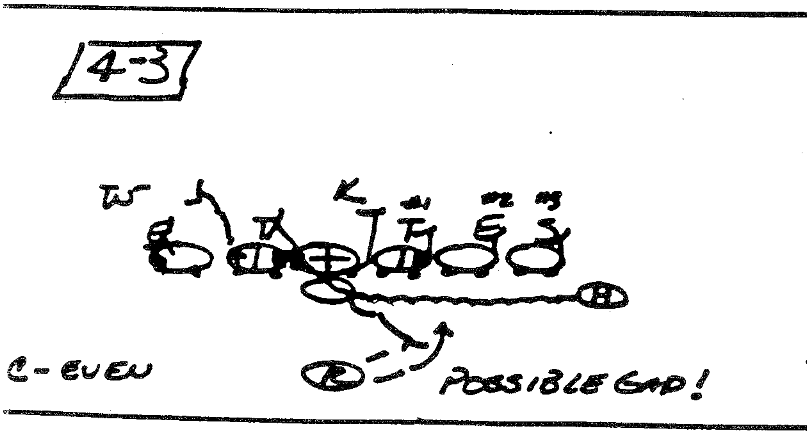
DEFENSIVE FRONTS - 1986

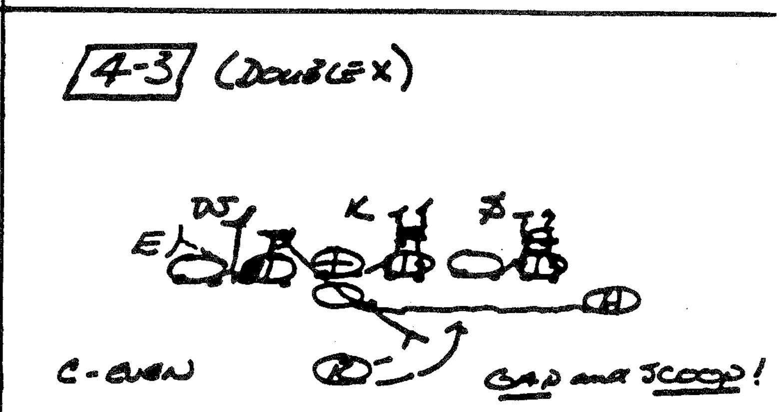


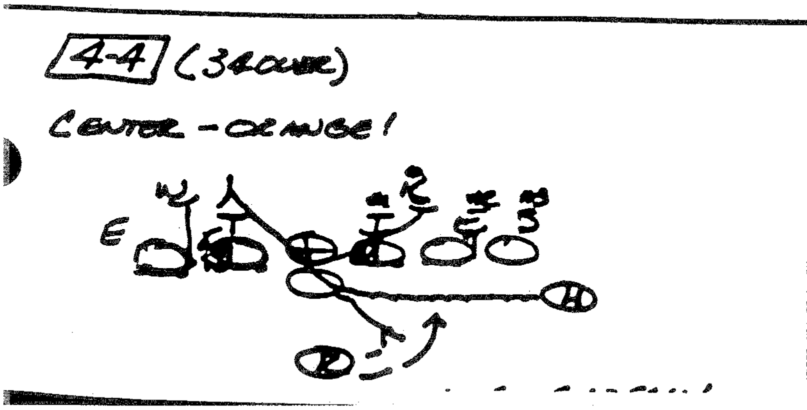


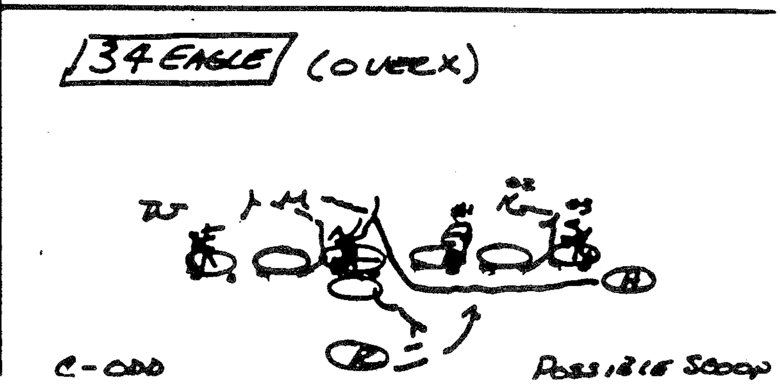












"X" **RULE:** 1) Most dangerous man in secondary (MDM);
2) If slot, block corner.
Backside: Block near back

TECHNIQUE: Stalk outside number
Backside - crossfield technique

"Z" **RULE:** If "H" is away block MDM; if "H" is to your side block the corner. Exception: If linebacker over, block MDM; 2) if Slot, MDM
Backside: Near Back.

TECHNIQUE: Stalk outside number
Backside - crossfield technique

RUNNING GAME

PLAY:
40-50 GUT

"Y" **RULE:** Man Block #3

ONSIDE	OFFSIDE
9 TECHNIQUE: Drive block - Block a point between his sternum and outside number. Step with near foot and drive head gear on proper landmark. Work to get square while getting movement off the LOS.	Man Block #3 Cut Off

6 TECHNIQUE: Drive block - step on your little finger - balance step - explode and drive head gear under the chin. Get movement off the LOS.

7 TECHNIQUE: Step with near foot(inside foot) drive head gear under the chin - work to get square while getting movement off the LOS.

6 or 7 CALL: Your call - when covered by 6 or 7 technique and on tackle is covered by LB - scoop blocking scheme - power zone between you and on tackle.

NOTE: If tackle makes man call - block 6 or 7 technique by yourself using good drive technique.

"H" **RULE:** To Y - Man Block #4
Away from Y - Man Block #3

ONSIDE	OFFSIDE
Same as Y	Same as Y

"R" **RULE:** Ball Carrier

TECHNIQUE: Open step, cross-over, plant; read block of OT.

"QB" Deep reverse pivot, get ball to back as deep as possible.

OFF T MAN BLOCKING - #2 - (PLAYSIDE GAP TECHNIQUE) - If #2 is a down lineman, read his alignment to cut off using either a scramble or scramble-squeeze technique! If #2 is a linebacker, explode for the hip of the next down lineman playside then upfield to level 2 to block the playside number of linebacker.

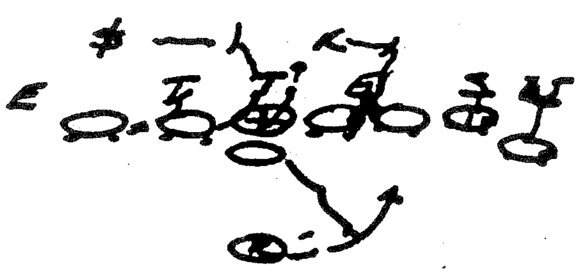
CALLS TO BE ALERT FOR:

a) "B CALL" - Full zone backside with offside guard. Step at the hip of the 3 technique to punch and pass to the guard. If he SCANTS towards you - lock-on - and drive him up the field!

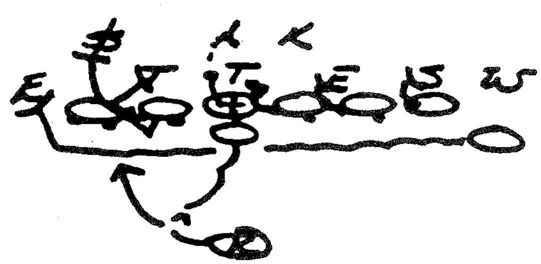
b) B-1 CALL - Cut off the defender aligned on the offside guard - step with near foot - airm for his playside thigh - may wish to chop his legs from under him. The difference between a "B" CALL and a "B-1CALL" is that the guard can't help on a B-1 Call because the linebacker has advantage by alignment.

BASTARD LOOKS - will require special blocking. The KEY is the Center's call of BULLETS! Upon hearing the call of "BULLETS", the onside tackle will determine the blocking scheme to be used by the alignment of the linebacker. If the linebacker is aligned inside towards the CENTER-BOX the tackle will make a DUCE-IT CALL and the guard and tackle will execute this blocking scheme. If the linebacker is aligned over the tackle -- the tackle will make a STEP-IT CALL and block down on the 3 technique with the guard stepping around and up thru the tackle-box to block the linebacker in the numbers!

BULLETS - DUCE -IT CALL



BULLETS - STEP-IT CALL



ON T - MAN BLOCKING - #2 - (DRIVE TECHNIQUE - Block a point between his sternum and outside number - Create the stretch!) Step with near foot - drive the "nose" of your helmet on proper landmark and work to get square while getting movement off the LOS! If #2 is a LBer - ZONE STEP - Step with playside foot for a point inside the hip of the defender aligned on "Y OR H". Read his charge or reaction.

CALLS TO BE ALERT FOR:

a) ORANGE OR YELLOW - Center is alerting you in your rule interpretation that #2 is always the defender aligned on or outside of you!

b) WILLY - Your call - when defensive end or tackle aligns in 3 gap - inside-out WEDGE BLOCK with onside guard - step with near foot - drive block on near number!

c) 4 or 4-I CALL - Slip blocking scheme - Slip blocking is a POWER ZONE SCHEME between onside guard and tackle - movement on level 1 defender to level 2!

1) "4 CALL" - HEAD UP - Step with playside foot - Right Tackle - RIGHT FOOT; Left Tackle - LEFT FOOT - Step on little finger to block under Chin. As movement begins find onside linebacker and work to level 2.

2) "4-I CALL" - INSIDE OR SHOULDER - Step with near foot (inside foot) - drive on near number - as movement begins find onside linebacker and work to level 2.

d) 6 or 7 CALL - This is a call to alert you that the defender aligned on "Y OR H" is in a slant position - Be alert to use SCOOP SCHEME - Which is a POWER ZONE SCHEME between you and tight end. If linebacker is HEAD UP or INSIDE on alignment- be alert to make MAN CALL!

OFF G - MAN BLOCKING - #1 - (PLAYSIDE GAP TECHNIQUE) - If #1 is a LBer - ZONE STEP - Step with playside foot for a point inside nose/tackle's near hip - Read his charge or reaction. If #1 is a down lineman, read his alignment to cut off using either a scramble or scramble-squeeze technique.

CALLS TO BE ALERT FOR:

a) "A CALL" OR NAME CALL - This is a call to alert you to full zone backside - be alert to cut off defender aligned on center.

b) "B CALL" - Your call - If #1 is a down lineman and he is aligned outside eye or shoulder- and tackle is covered by a linebacker. ZONE between you and offside tackle.

c) "B-1 CALL" or NAME CALL - Your call - if #1 is a down lineman and there is a linebacker in the general area - Full Zone Backside - Dip your backside shoulder and hip and explode to level 2 to block backsider LBer.

RUNNING GAME

PLAY NO.

40-50 GUT

RULES - TECHNIQUES - COACHING POINTS:

MUSTS: Maximum splits (2-3-3 feet by offensive line) to initially stretch the defense. If having difficulty executing the POWER ZONE BLOCKING SCHEME will then look at closing splits by tackles and Y.

C - MAN BLOCKING - Over - (PLAY SIDE GAP TECHNIQUE) - If covered by a down lineman - Read his alignment. If nose/tackle is head up on alignment - step with playside foot - drive block player's number to armpit - work level 1 to level 2 for backside linebacker! If nose/tackle shaded strong (playside) - dip under his pads - drive on playside thigh and work to square shoulders to LOS after contact and movement begin!

CALLS TO BE ALERT FOR:

a) ORANGE OR YELLOW - Your call - if uncovered - make color call to alert offensive line which side "0" is for counting and rule interpretation - ORANGE - TO RIGHT; YELLOW - TO LEFT!

b) GAP - Zone with onside guard - short lead step - cross over - plant - drive under his pads for playside thigh - work to square shoulders to LOS!.

c) "A CALL" or NAME CALL - Your call - alert backside guard to full zone - cut off the nose/tackle.

ON G - MAN BLOCKING - #1 - (DRIVE TECHNIQUE - OUTSIDE NUMBER) If #1 is a LBer - ZONE STEP - Step with playside foot for a point inside defensive end's near hip - Read his charge or reaction!

CALLS TO BE ALERT FOR:

a) GAP - Your call - If covered by a down lineman aligned inside eye or shoulder - Zone with Center - Step with inside or near foot as if to block his near number - work level 1 to level 2 for middle to onside linebacker!

b) WILLY - Inside-out WEDGE BLOCK with onside tackle on defender aligned in 3 gap - Step with near foot - drive block on near number!

c) 4 or 4-I CALL - This is a call to alert you that defensive end is in a SLANT POSITION - Be alert to use SLIP SCHEME - which is a POWER ZONE SCHEME between you and onside tackle.

RUNNING GAME

PLAY NO.

40-50 GUT

This is our called Dive that will be considered one of the BREAD AND BUTTER plays in our running game attack. For this play to be successful, it is important that we get movement off the LOS by our offensive line so that our dive back can find the creases and run to DAYLIGHT!

DEFENSIVE FRONTS - 1986

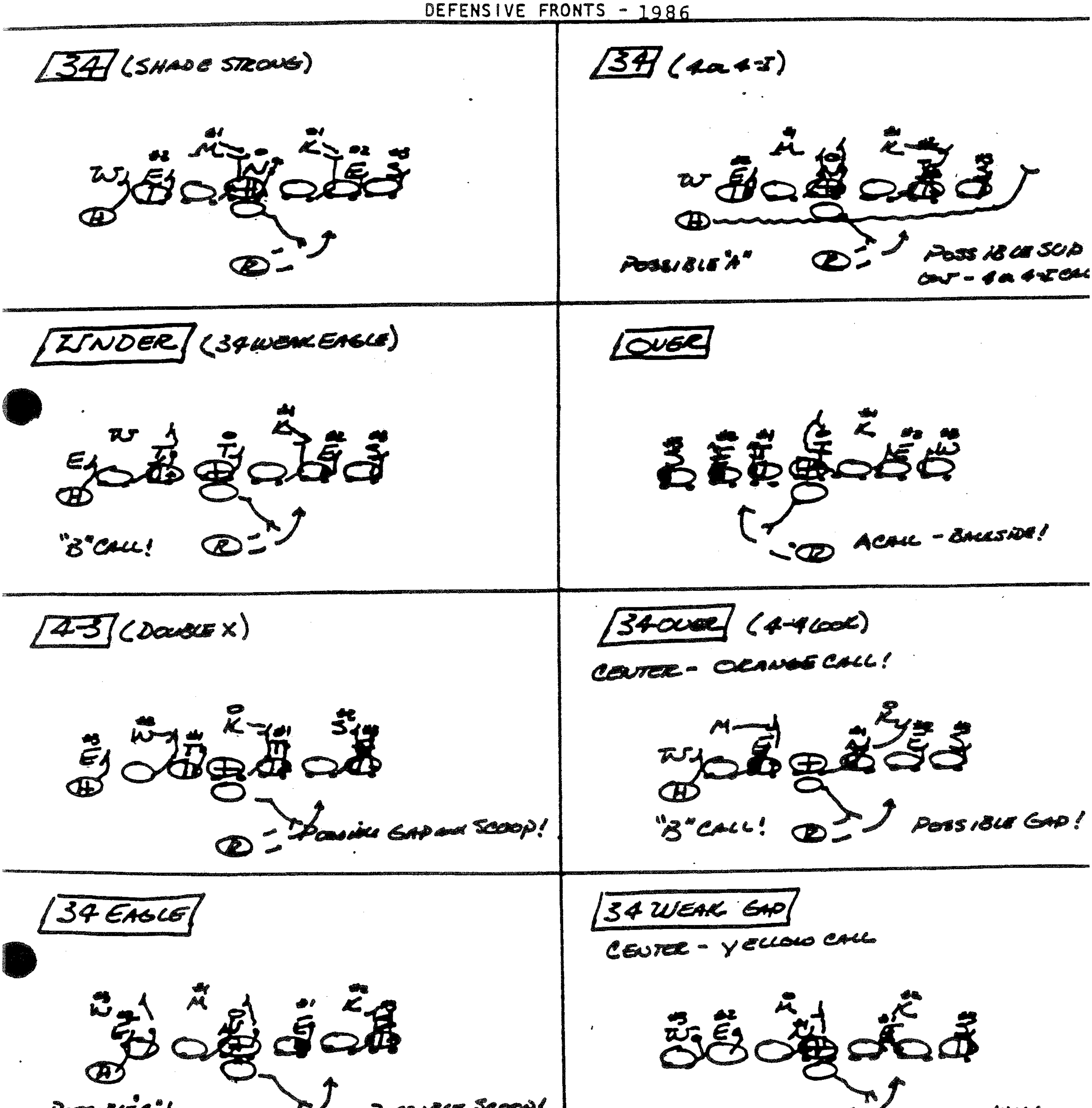


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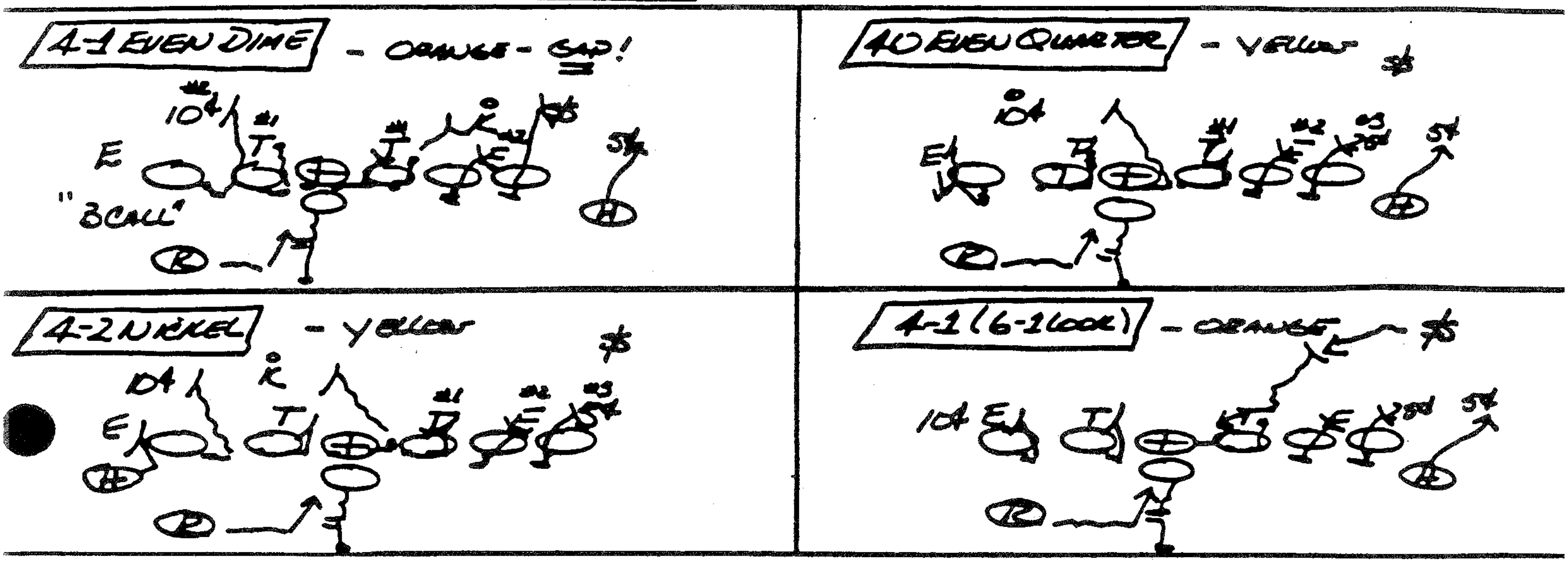
(40-50 HOLE PLAYS)

SPECIAL SITUATIONS - 3rd MEDIUM TO LONG

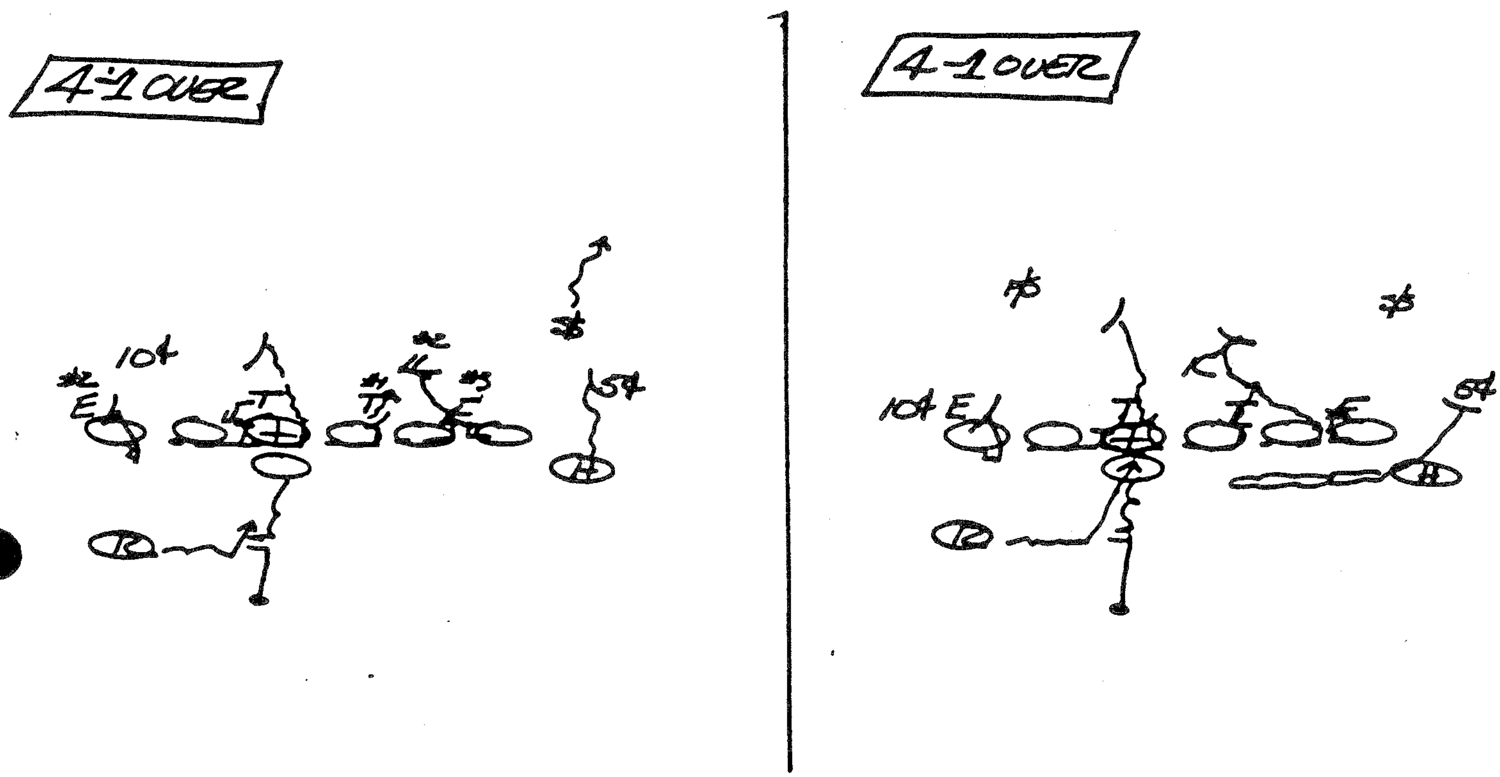
(20-30 PAINT) - (QB 20-30 PAINT)

The DRAW is an excellent change up in this situation as most defensive teams use a BALLS-OUT-RUSH! If this play is executed properly it will not only gain consistent yardage, but should also cut down on the rush from the defensive line. This play can be executed properly from a RACE HORSE POSITION by our guards and tackles. Since we use MAN BLOCKING rules -- listen for the CENTER'S CALL to determine who you block!

a) EVEN LOOKS - 4 DOWN PERSONNEL -(NICKEL; DIME; QUARTER) - Listen for COLOR CALL!



b) OVERLOOKS - 4 DOWN PERSONNEL -(NICKEL; DIME; QUARTER)



RUNNING GAME

PLAY:

20-30 PAINT

"Y" RULE: Man Block #3

ONSIDE

Short set inside(towards the ball) getting your butt into the hole. As the defender starts to rush-explode through his inside number.

6 or 7 Call - Your call - if covered by down lineman and LB over your tackle - scoop blocking scheme - power zone between you and onside tackle.

OFFSIDE

Short set inside (towards the ball). As the defender starts to rush, explode through his inside number.

No scoop call to offside. Must cut off #3 - can't allow penetration.

"H" RULE: To Y Man Block #4
Away From Y Man Block #3

ONSIDE

Same as Y

ONSIDE TO Y

Arc Release and Block #4

OFFSIDE

Same as Y

"R" RULE: Ball Carrier

TECHNIQUE: Open step and gather toward playside: Key first down lineman (defensive) from the center box to the playside.

"QB" Drop back hank ball to "R" on side of call!

"X" RULE: Most dangerous out of secondary (MDM)

TECHNIQUE: Stalk

"Z" RULE: Most dangerous out of secondary (MDM)

TECHNIQUE: Stalk

PLAY NO.

20-30 PAINT

RULES - TECHNIQUES - COACHING POINTS

C - MAN BLOCKING - Over - (HIGH PRESSURE CONTROL TECHNIQUE). If covered by a down lineman - read his alignment. If head up or shaded playside - use a LATERAL SET (Short flat lateral step with playside foot) - Drive block defenders playside number - work level 1 to level 2. If nose/tackle shaded weak - step with backside foot - drive on playside number to armpit - work level 1 to level 2. If covered by a linebacker - use lateral set towards playside and SHOW PASS on or near LOS - read onside guard's block to the linebacker.

CALLS TO BE ALERT FOR:

a) ORANGE OR YELLOW - Your call - if uncovered - make color call to alert offensive line which side "0" is for counting and rule interpretation - ORANGE - TO RIGHT; YELLOW - TO LEFT.

b) GAP - Zone with onside guard - LATERAL SET with playside foot - Read the defender's charge - rushing towards you - DRIVE under chin - HIGH PRESSURE CONTROL. If locked-on to the guard or working outside - Explode to 2nd level and block linebacker in numbers.

c) "A CALL" or NAME CALL - Your call - alert backside guard to full zone - Step with near foot - work level 1 to level 2.

ON G - MAN BLOCKING - #1 - (HIGH PRESSURE CONTROL TECHNIQUE) If #1 is a LBer - use a LATERAL SET (Short flat lateral step with playside foot) towards the defensive end - Read the defender's charge. If #1 is a down lineman - Read his alignment. If 2 or 3 TECHNIQUE (Head up or outside eye or shoulder) - Use a LATERAL SET - Explode - Make the defender take a side. If defender locks-on or works outside - use HIGH PRESSURE CONTROL - if he rushes inside - PUNCH - and PASS him to the center - work to level 2 for linebacker.

CALLS TO BE ALERT FOR:

a) GAP - Your call - If covered by a down lineman aligned inside eye or shoulder - Zone with the center - LATERAL SET with near foot - PUNCH and PASS defender to center - work level 1 to level 2 for middle to onside linebacker.

b) 4 or 4-1 CALL - This is a call to alert you that the defensive end is in a SLANT POSITION - Be alert to use SLIP SCHEME - POWER ZONE between you and onside tackle. Use a LATERAL SET - Explode - block defender under chin or work to 2nd level for linebacker.

RUNNING GAME

PLAY NO.

20-30 OTT

"Y" Man Blocking #3

Same as 20-30 Reach blocking

6 or 9 Technique - Grab pull

7 Technique - Cut off

"H" Man Blocking #3

NOTE: Block inside number of #3.

"R" Take short counter step laterally (away from the callside) and drive in a direction that will take you through the original placement of the QB's callside foot.

"X" MDM (Stalk)

"Z" MDM (Stalk)

CALLS TO BE ALERT FOR:

a) "B CALL" or "B-1 CALL" - This is a call to alert you to full zone with the off-guard. "B-1 CALL" - linebacker has advantage by alignment - cutoff the defender aligned on the offside guard - may wish to chop his legs from under him.

ON T - MAN BLOCKING - #2 (HIGH PRESSURE CONTROL TECHNIQUE). If covered by a down lineman - Read his alignment. If 5 TECHNIQUE (outside eye or shoulder) - SHOW PASS by setting slightly inside as defender starts to rush - Explode up thru his inside number - CAN AREA with tight end or "H-BACK". If defender aligns in a 4 or 4-1 ALIGNMENT - use a LATERAL SET with inside foot. If defender locks-on or works outside - use HIGH PRESSURE CONTROL - If he rushes inside - PUNCH and PASS him to the guard - work to level 2 for linebacker. If #2 is a linebacker - use a LATERAL SET towards the defensive end - Read the defender's charge.

CALLS TO BE ALERT FOR:

a) ORANGE or YELLOW - Center is alerting you in your rule interpretation that #2 is always the defender aligned on or outside you.

b) 4 or 4-1 CALL - Slip Blocking Scheme - Slip blocking is a POWER ZONE SCHEME between onside guard and tackle - Movement on level 1 defender to level 2. Use a LATERAL SET with inside foot.

c) 6 or 7 CALL - This is a call to alert you that the defender aligned on "Y" or "H" is in a slant position - Be alert to use SCOOP SCHEME - POWER ZONE SCHEME between you and tight end. Use a LATERAL SET towards defensive end - read the tight end's block to the linebacker.

OFF G - MAN BLOCKING - #1 - (HIGH PRESSURE CONTROL TECHNIQUE) If #1 is a down lineman - set slightly inside - getting your "butt" into the hole - as defender starts to rush - Explode up thru his inside number. If #1 is a linebacker - use a LATERAL SET towards the nose/tackle - read his charge or reaction.

CALLS TO BE ALERT FOR:

a) "A CALL" or NAME CALL - This is a call to alert you to full zone with the center.

b) "B CALL" - Your call - If #1 is a down lineman and he is aligned outside eye or shoulder -and tackle is covered by a linebacker. ZONE between you and offside tackle.

c) "B-1 CALL" or NAME CALL - Your call - if #1 is a down lineman and there is a linebacker in the general area - FULL ZONE BACKSIDE.

OFF T - MAN BLOCKING - #2 - (HIGH PRESSURE CONTROL TECHNIQUE). If #2 is a down lineman - set slightly inside - getting your "butt" into the hole - as defender starts to rush - Explode up thru his inside number. If #2 is a linebacker - use a LATERAL SET towards the defender aligned on the offside guard - Read his charge or reaction.

RUNNING GAME

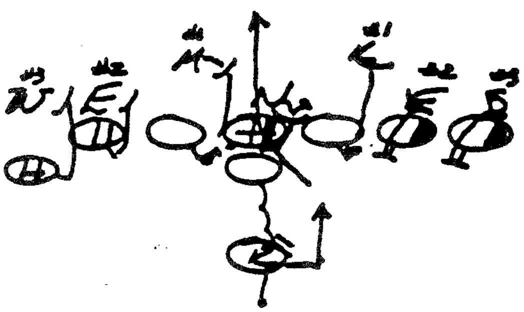
PLAY NO.

20-30 PAINT

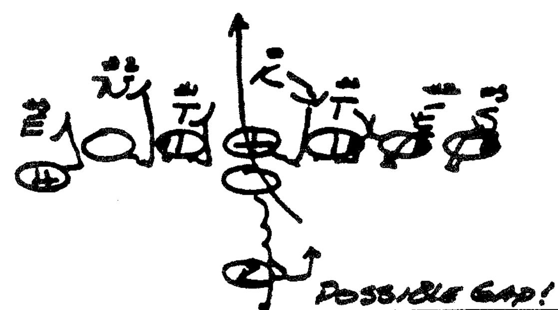
This is our DRAW to our "R-BACK" that we will run from multiple formations. In order for this play to be successful, there are certain musts: a) GOOD LINE SPLITS; B) TIME THE BLOCK ON THE DEFENDER - 1001 - EXPLODE; C) EXECUTE - GAP - SLIP - SCOOP as well as A - B - C; D) BACK OPTION RUN off the <u>1st down lineman</u> from center box playside.

DEFENSIVE FRONTS - 1986

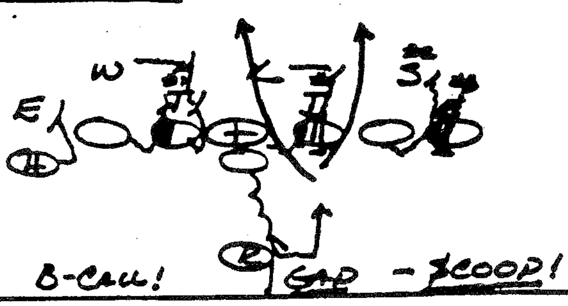
34



4-3



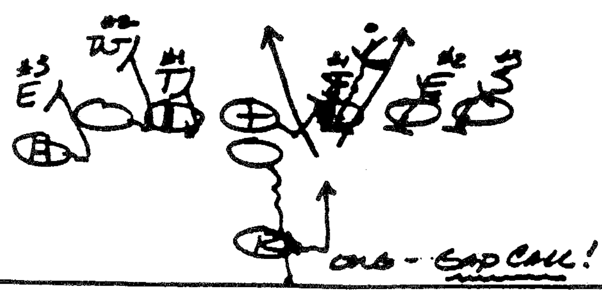
4-3 DOUBLE X



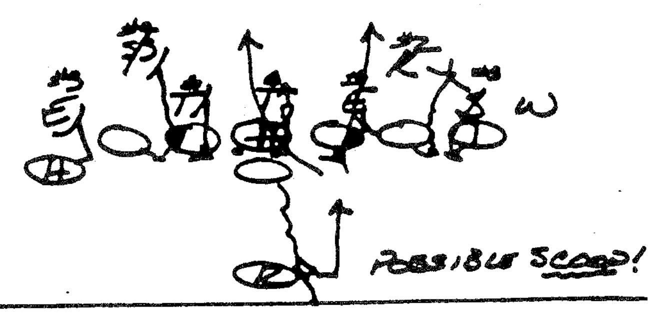
34 WEAK EAGLE



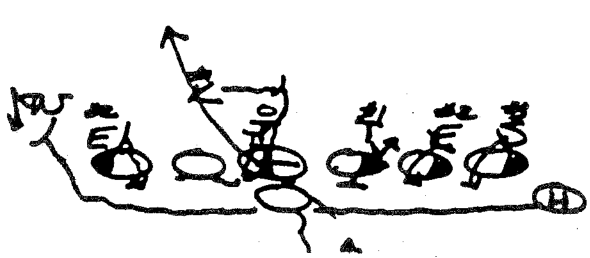
4-4 CENTER - ORANGE CALL!



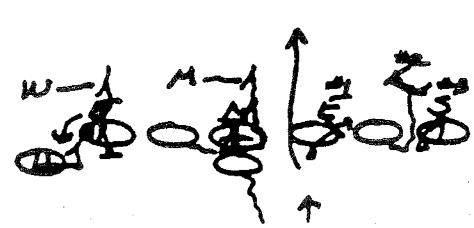
BULLETS - 46



OVER



34 EAGLE



OFF T   PULL and BLOCK THE CENTER'S CALL!

CALLS TO BE ALERT FOR:

a) ODD(ACE) - Pull and trap the defender aligned on the onside tackle! (5 TECHNIQUE)

b) ODD(OFF) - Pull and trap the defender aligned on the onside tackle! (5 TECHNIQUE).

c) ODD-OFF-"SHORTY" - ODD-SOLID "SHORTY" - Pull and trap the defender aligned on the onside guard! (3 TECHNIQUE).

d) EVEN or COLOR CALL - Pull and trap the defender aligned on the onside guard!

ON G BLOCK 1st INSIDE - On or off LOS.

CALLS TO BE ALERT FOR:

a) ODD-(ACE)- Team block with the center - same as 20-30 Reach!

b) ODD-(OFF)- An alert to block the nose/tackle by yourself - same as 20-30 Reach!

c) ODD-SOLID(SHORTY)- Your call - same as 20-30 Reach!

d) EVEN - INFLUENCE - (bump off or drop step) - block the man aligned over the ONSIDE TACKLE - angle drive for near number! NOTE: tackle always goes first!

e) ORANGE or YELLOW - INFLUENCE - block the man aligned over the onside tackle - same as EVEN CALL!

ON T Your blocking responsibility will be determined by the CENTER'S CALL - listen for the call and execute accordingly.

a) ODD CALL - (Odd Ace; Odd Off; Odd Off Shorty) - Block the ONSIDE LINEBACKER - if covered by a down lineman- READ his alignment - if 5 TECHNIQUE - use HEAD and SHOULDER FAKE to release inside for onside linebacker. If 4 or 4-I TECHNIQUE - take outside release and SKIN-IT to the linebacker. Block near number of line-backers. If uncovered - such as BULLETS - release inside for linebacker.

b) EVEN CALL - Release inside for the MIDDLE LINEBACKER - step with near foot - clear the 2 technique and block the near number of the middle linebacker!

c) COLOR CALL - Color call your side (ORANGE or YELLOW) - center is telling you to block the onside linebacker - take inside release to block inside number of the linebacker.

d) COLOR CALL - Color call away from you (YELLOW or ORANGE)- center is telling you to block the backside linebacker - take inside release to block near number of the line-backer.

OFF G Block the defender aligned on the OFFSIDE TACKLE! If he is covered by a down lineman - use ANGLE DRIVE TECHNIQUE - step with near foot to block near number. If he is covered by a linebacker - team block with center to the backside linebacker - drive on the outside number of the 3 TECHNIQUE - if he locks-on maintain block - if he works inside towards center - work to 2nd level for linebacker!

RUNNING GAME

PLAY NO.

COUNTER 20-30 OTT

RULES - TECHNIQUES - COACHING POINTS:

MUSTS: Maximum splits(3-3-3) - stretch the defense - inside running play. In order to determine who we will TRAP and the blocking scheme to be used, the CENTER will make calls according to the alignment of the defensive front!

a) ODD CALL - Center will make an ODD CALL if he is covered by a down lineman!

b) ODD-SOLID CALL - Center will make an ODD SOLID CALL if he is covered by a down lineman and ONSIDE GUARD is covered by a down lineman.

c) EVEN CALL - Center will make an EVEN CALL if he is covered by a linebacker.

d) ORANGE or YELLOW CALL - If the center is uncovered. ORANGE - to the right; YELLOW - to the left! versus- 3 DOWN LINEMEN - make color call to the side the nose/tackle aligns. Versus - 4 DOWN LINEMEN make color call to the side that "MIKE" aligns.

C - OVER-BACKSIDE - (OVER only refers to a down lineman in this rule). Same as 20-30 Reach!

a) ODD-(ACE) - Your call - same as 20-30 Reach!

b) ODD-(OFF) - Your call - if you are covered by a down lineman and OFF SIDE GUARD covered by a down lineman - TEAM BLOCK with off-guard to backside linebacker. Step with near foot towards the defender aligned on the guard - PUNCH and PASS and work to 2nd level for linebacker.

c) ODD-SOLID-(SHORTY) - Odd-Solid is your call - "SHORTY" is onside guard's call! Same as 20-30 Reach!

d) EVEN - Your call - block backside - ANGLE DRIVE - same as 20-30 Reach!

e) ORANGE - Your call - uncovered team block with offside guard to backside linebacker!

f) YELLOW - Your call - uncovered - block backside - ANGLE DRIVE - same as 20-30 Reach!

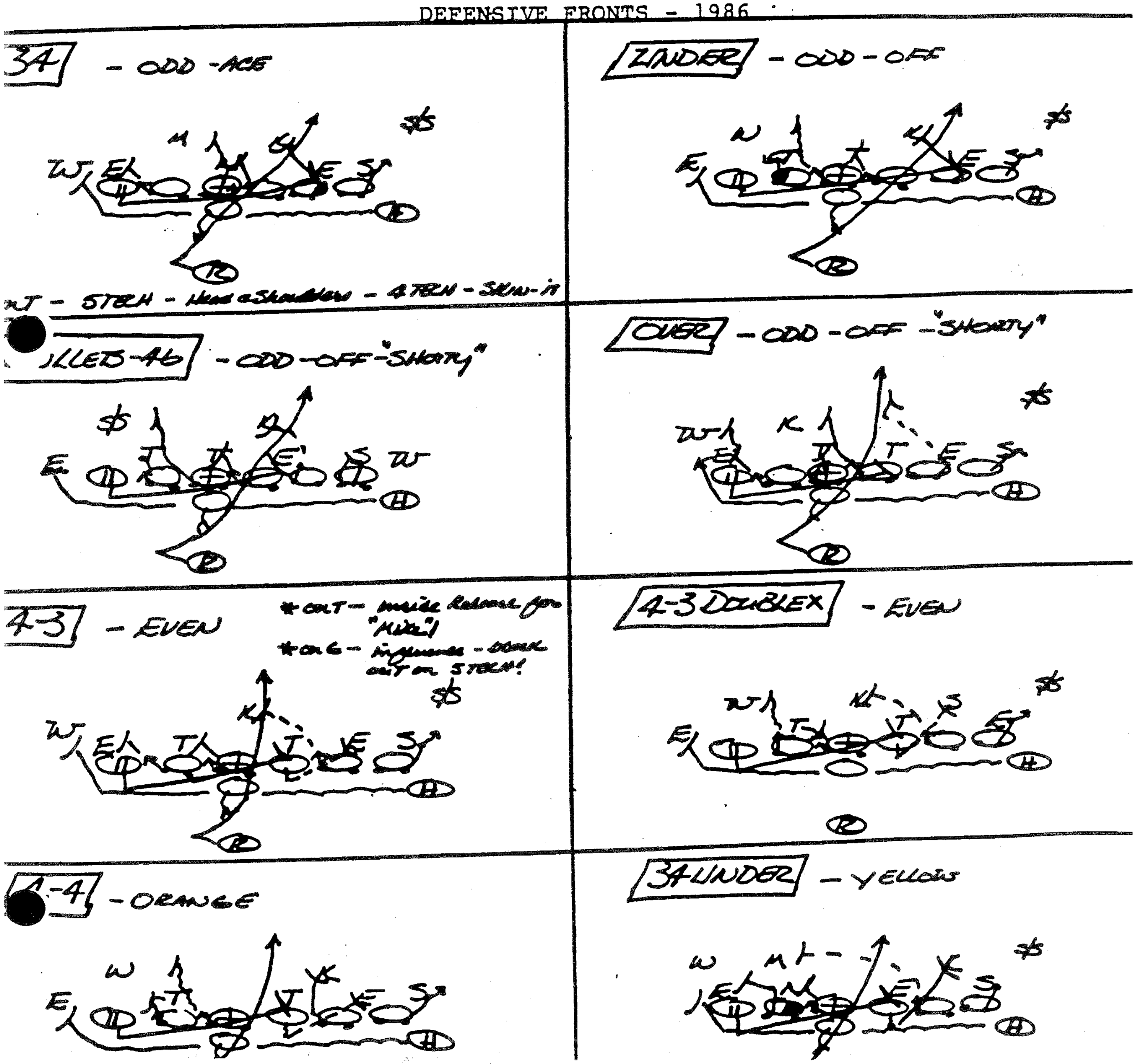
RUNNING GAME

PLAY NO.

COUNTER 20-30 OTT

CHANGE UP BLOCKING SCHEME for the 20-30 hole! OTT - means - OFFSIDE TACKLE TRAPS and the "R-BACK" will step opposite the trapping hole! This blocking scheme gives excellent blocking angles to the offensive line while still hitting with great quickness towards the hole!

DEFENSIVE FRONTS - 1986



RUNNING GAME

PLAY NO.

20-30 RAM

"Y"	Release and Arc Block #4
"H-BACK"	Lead on first lineman from outside the onside guard box to the onside.
"R-BACK"	Quick hitting running play; cheat alignment up inside 5 yards from LOS. Same aiming point, steps, and ball handling as 20-30 Reach!
"QB"	Same as 20/30 Reach ball handling, get ball as deep as you can.
"Z"	Onside = Deep Y3 Technique = Stalk
"X"	Backside = Near back Technique = Crossfield

f) ORANGE -(3) - Same as 20-30 Reach!

g) ORANGE-(SHORTY) - SHORT TRAP - Same as 20-30 Reach!

h) YELLOW-(3) - Same as 20-30 Reach!

i) YELLOW-(SHORTY) - SHORT TRAP - Same as 20-30 Reach!

OFF T MAN BLOCKING - #2 - Same as 20-30 Reach!

ON G BLOCK 1st INSIDE - on or OFF LOS.

CALLS TO BE ALERT FOR:

a) ODD-(ACE) - Team block with the center - same as 20-30 Reach!

b) ODD-(OFF or CAL) - An alert to block the nose/tackle by yourself - same as 20-30 Reach!

c) ODD-SOLID(SHORTY)- Your call - same as 20-30 Reach!

d) EVEN-(3-FOLD) - Covered by a 3 Technique - use GRAB PULL TECHNIQUE - same as 20-30 Reach!

e) EVEN(SHORTY) - Your call - same as 20-30 Reach!

f) ORANGE -(3) - Read the alignment of the defender aligned on you - same as 20-30 Reach!

g) ORANGE-(SHORTY) - Your call - same as 20-30 Reach!

h) YELLOW-(3)- Read the alignment of the defender aligned on you - same as 20-30 Reach!

i) YELLOW-(SHORTY) - Your call - same as 20-30 Reach!

ON T MAN BLOCKING - #3 - #3 is always the defender aligned on or outside of a normal spaced tight end. Use ANGLE DRIVE TECHNIQUE - short lead step with near foot - block near number of #3! NOTE: "H-BACK" is responsible for TRAPPING the defender aligned on you - who is #2!

OFF G PULL and BLOCK THE CALL!

CALLS TO BE ALERT FOR:

a) ODD-(ACE) - Pull up thru the onside guard's box and block onside linebacker in the numbers. NOTE: You don't have to be concerned with a 4 or 4-I call - the defensive end belongs to the "H-Back"!

b) ODD-SOLID(SHORTY) - SHORT TRAP - trap the defender aligned on the onside guard!

c) ODD-(OFF)- Your call - same as 20-30 Reach- an alert to have center to block backside. Pull up thru the onside guard's box and block onside linebacker in the numbers!

d) EVEN-(FOLD)- FOLD TECHNIQUE - step around the center's block - explode up thru the hole - same as 20-30 Reach!

e) EVEN-(SHORTY) - SHORT TRAP - trap the defender aligned on the onside guard!

RUNNING GAME

PLAY NO.

20-30 RAM

RULES - TECHNIQUES - COACHING POINTS:

MUSTS: Maximum splits (3-3-3) - Stretch the defense - inside running play. CENTER; ONSIDE GUARD; OFFSIDE GUARD; and OFFSIDE TACKLE will follow their basic rules for 20-30 Reach. The ONSIDE TACKLE and TIGHT END will change blocking responsibilities and "H-BACK" will do the TRAPPING! CENTER will make calls according to the alignment of the defensive front!

a) ODD CALL - Center will make an ODD CALL if he is covered by a down lineman.

b) ODD SOLID CALL - Center will make an ODD SOLID CALL if he is covered by a down lineman and ONSIDE GUARD is covered by a down lineman.

c) EVEN CALL - Center will make an EVEN CALL if he is covered by a linebacker!

d) ORANGE or YELLOW CALL - If the center is uncovered. ORANGE - to the right; YELLOW - to the left! Versus - 3 DOWN LINEMEN - make color call to the side of the nose/tackle aligns. Versus - 4 DOWN LINEMEN - make color call to the side that "MIKE" aligns.

C OVER-BACKSIDE (OVER only refers to a down lineman in this rule Same as 20-30 Reach!

CALLS TO BE ALERT FOR:

a) ODD-(ACE)- Your call - same as 20-30 Reach!

b) ODD-(OFF) - Offside guard is call - same as 20-30 Reach!

c) ODD-(CAL) - Your call or offside tackle's call - same as 20-30 Reach!

d) ODD-SOLID-(SHORTY)- Odd-Solid is your call - "SHORTY" is onside guard's call! Same as 20-30 Reach!

e) EVEN-(FOLD)- Your call - same as 20-30 Reach!

f) ORANGE - Your call - uncovered - same as 20-30 Reach!

g) YELLOW - Your call - uncovered - same as 20-30 Reach!

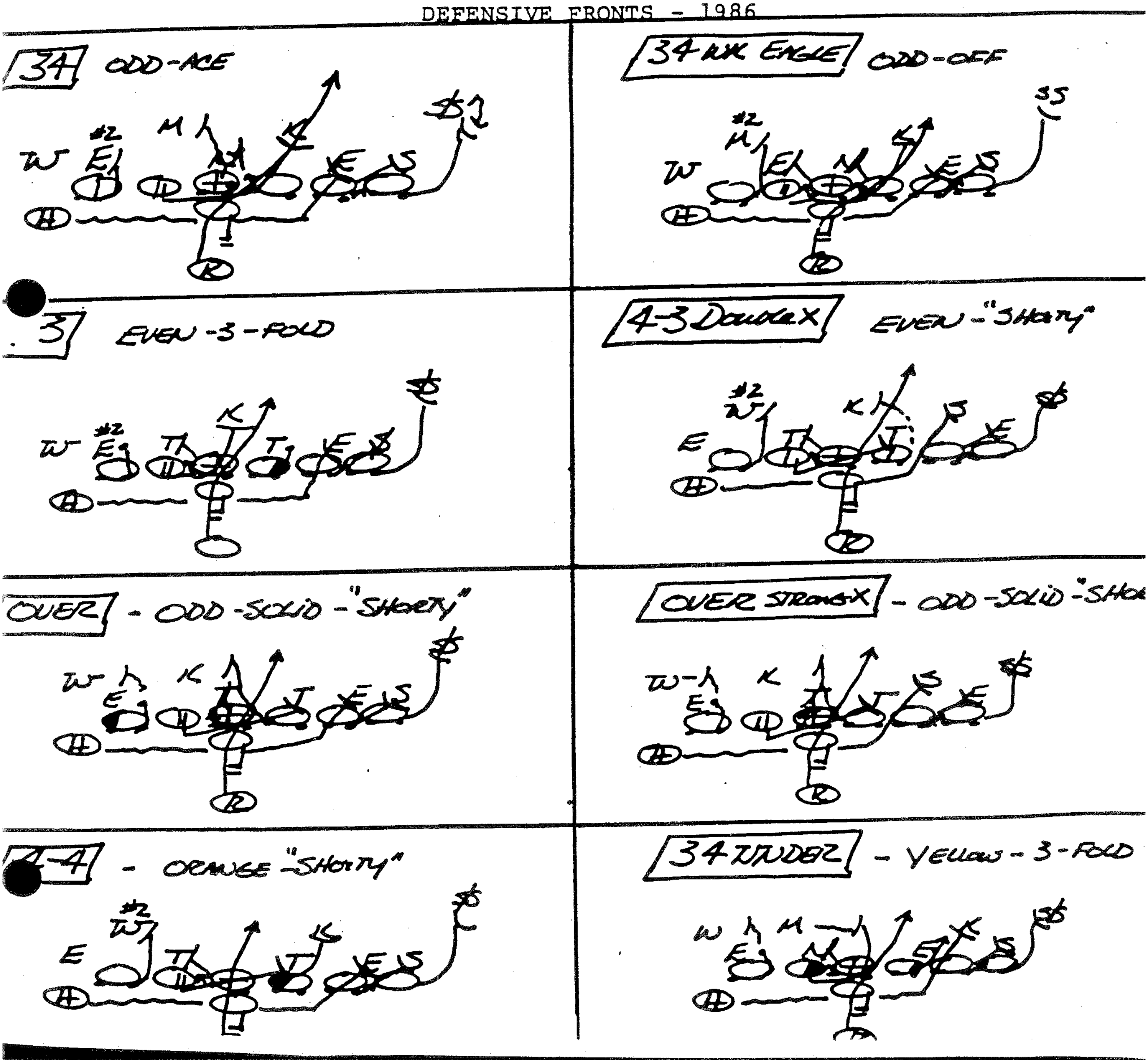
RUNNING GAME

PLAY NO.

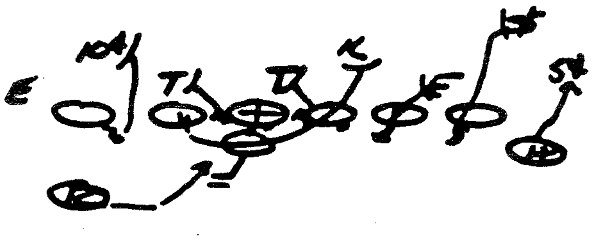
20-30 RAM

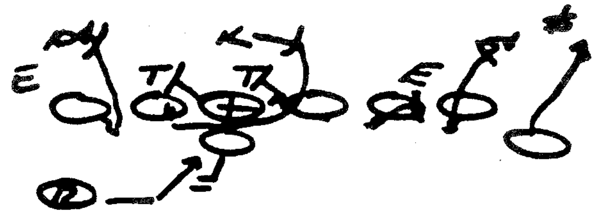
RAM is a change up blocking scheme for 20-30 Reach. This is a method of separating the defense from Spread to Trips. Our H-BACK will lead on first lineman from outside the onside guard box to the onside. R-BACK'S read is similar to 20-30 Reach -- need to key backside guard's block on the linebacker.

DEFENSIVE FRONTS - 1986

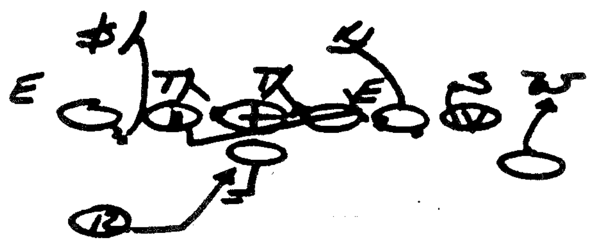


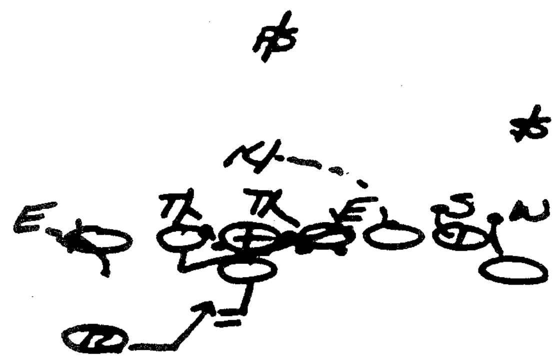
c) UNDER LOOKS - 4 DOWN PERSONNEL -(NICKEL; DIME; QUARTER) - Listen for ODD-OFF CALL!





d) BASTARD SITUATION - Bullets - Calls - ODD - OFF - "SHORTY"



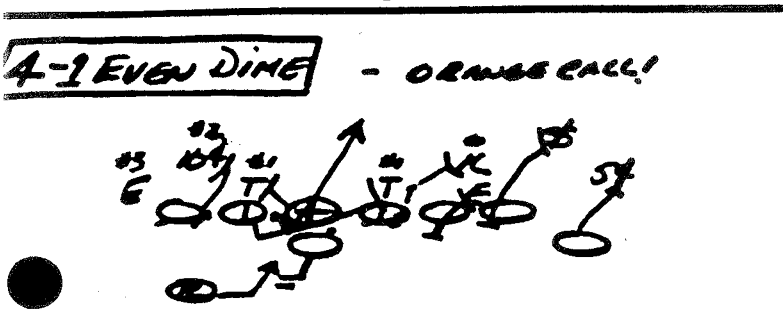


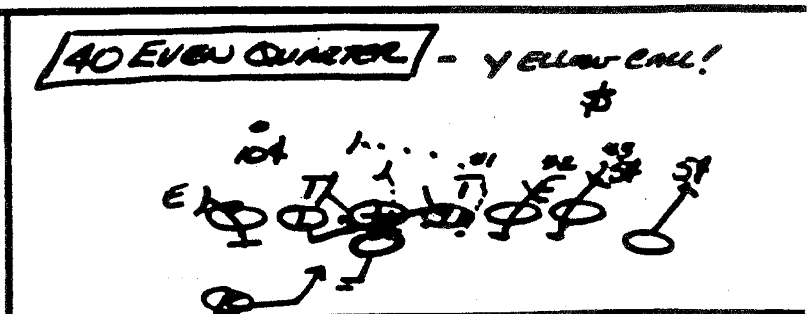
SPECIAL SITUATIONS - 3rd MEDIUM TO LONG

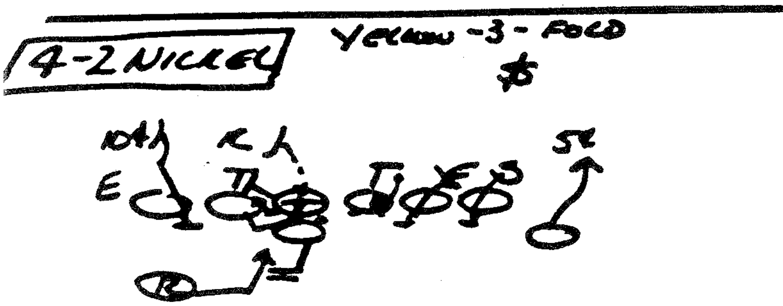
(20-30 REACH - QB 20-30 REACH)

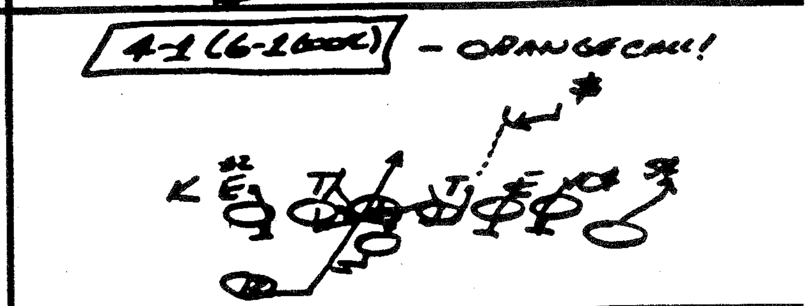
This is a fine play as a change up when the defense is expecting us to THROW THE FOOTBALL! So that we DO NOT TIP-OFF our intentions, this play can and will be run from a RACE HORSE POSITION (guards and tackles in a pre-set). In this situation, our TACKLES and the TIGHT END or H-BACK can change up on the GRAB-PULL TECHNIQUE. You can influence the defenders you are responsible for blocking by using a SHOW PASS SET on or near the LOS. Once you get the defender to start his rush up the field or to drop -- explode up thru the defender's inside number -- walling him to the outside away from the 2 or 3 hole.

a) EVEN LOOKS - 4 DOWN PERSONNNEL - (NICKEL; DIME; QUARTER) - LISTEN FOR COLOR CALL!

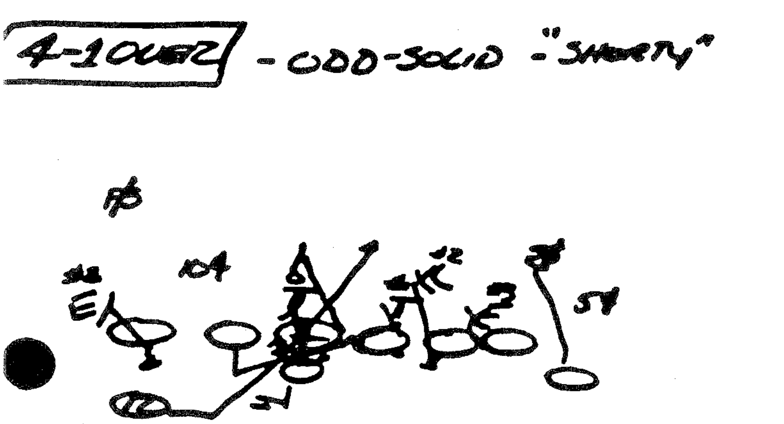


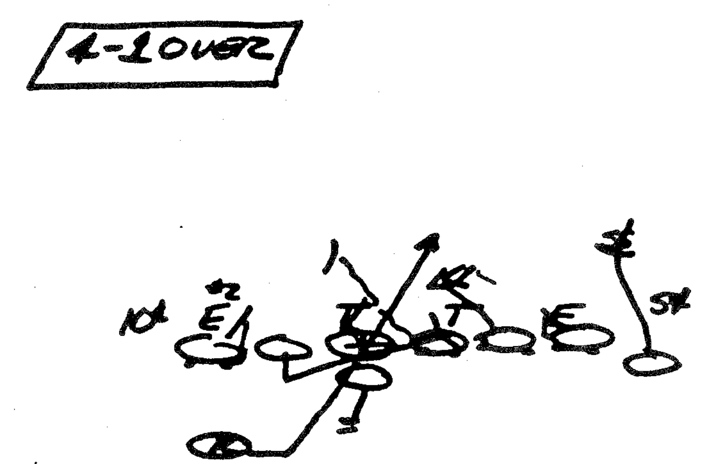






b) OVER LOOKS - 4 DOWN PERSONNEL - (NICKEL; DIME; QUARTER) - Listen for ODD CALL with "SHORTY" from onside guard!





RUNNING GAME

PLAY NO.

20-30 REACH

"Y" RULE: Man Block #3

ONSIDE

9 or 6 technique - drive block with grab pull.

7 technique - cut off - versus stack possible scoop with tackle.

OFFSIDE

Drive through inside breast Cut off while getting movement.

"H" RULE: To Y: Man Block #4
Away Y, Man Block #3

ONSIDE - Away from Y

Drive with grab pull
7 technique - cut off - versus stack possible scoop with tackle.

OFFSIDE

Drive through the inside breast. Cut off while getting movement.

"R" RULE: Ball carrier

TECHNIQUE: Lead step at offside hip of center. Key backside guard.

"QB" Open up away from the side of the directional call. Get football to the ball carrier deep in the backfield.

"X" RULE: Most dangerous out of secondary (MDM)

TECHNIQUE: Stalk

"Z" RULE: Corner, if "H" your side; MDM if "H" is away.

TECHNIQUE: Stalk

a) DOWN LINEMAN - If defender aligned on you is a 5 TECHNIQUE - cut him off by using a good SCRAMBLE - SQUEEZE TECHNIQUE - drive on his inside number. If defender aligns in a 4 or 4-I alignment - cut him off using a good SCRAMBLE TECHNIQUE - dip under his pads and drive your offside shoulder on his playside thigh - work to square your shoulders to the goalline.

b) LINEBACKER - If #2 is a linebacker - step with inside foot and block his inside number - USE DRIVE TECHNIQUE!

CALLS TO BE ALERT FOR:

a) CAL - Can be your call or the center's call - if your backside guard is covered by a down lineman and linebacker is aligned inside of you -- make "CAL" CALL - cut off 3 technique - Dip and Rip!

b) LINEBACKER - If #2 is a linebacker - step with inside foot and block his inside number - USE DRIVE TECHNIQUE! NOTE: If stack over tight end - team block with tight end to the stacked linebacker -- similar to a SCOOP!

OFF G - PULL and BLOCK THE CALL - If "Shorty" or 4 or 4-I is called -- be alert to TRAP - get inside-out position on the defender.

CALLS TO BE ALERT FOR:

a) ODD-(ACE) - Pull up thru the onside guard's box and block onside linebacker in the numbers. NOTE: Always look at the tackle box as you are pulling to see if the defender aligned on the tackle is slanting towards you -- if so, TRAP HIM! With an ODD CALL be alert for the communication of a 4 or 4-I call from the onside tackle. He is alerting you that the defender aligned on him is in a PINCH POSITION!

b) ODD-SOLID-(SHORTY) - SHORT TRAP - Trap the defender aligned on the onside guard!

c) ODD-(OFF) - Your call - if covered by a down lineman and center is also covered by a down lineman - this is an alert to remind the center to block backside. Pull up thru the onside guard's box and block onside linebacker in numbers.

d) EVEN-(FOLD) - FOLD TECHNIQUE - Step around the center's block - explode up thru the hole to 2nd level and block the middle linebacker in the numbers!

e) EVEN-(SHORTY) - SHORT TRAP - Trap the defender aligned on the onside guard!

f) ORANGE-(3) - Trap the defender aligned on the guard - if he locks onto the guard - work to the 2nd level for onside linebacker (linebacker to right side).

g) ORANGE-(SHORTY) - Short trap - trap the defender aligned on the onside guard!

h) YELLOW-(3) - Trap the defender aligned on the guard - if he locks onto the guard - fold tight for the backside linebacker (linebacker to left side).

i) YELLOW-(SHORTY) - Short trap - trap the defender aligned on the onside guard!

OFF T - MAN BLOCKING - #2 - #2 is always the defender aligned on you with an ODD or EVEN CALL! Read his alignment for proper technique. ORANGE CALL - the man aligned on guard is #1 -- the next defender out from the guard box is number 2! YELLOW - 1st linebacker from inside-out is always the "0" man - the defender aligned on or outside of you is #2!

e) EVEN(SHORTY) - "SHORTY" is your call - if defender aligned on you is a 2 or 1 TECHNIQUE (head up or inside eye or shoulder) make a SHORTY CALL - influence the defender that is aligned on you. SKIN-THRU his outside shoulder and block middle linebacker in numbers. If defender (1 or 2 technique) loops-out-lock-on and drive him up the field.

f) ORANGE-(3)- Read the alignment of the defender aligned on you. If the defender aligned in a 3 technique (outside eye on shoulder) make a 3 CALL - use GRAB PULL TECHNIQUE - drive on outside number (and with "nose" of your helmet), grab with inside arm and pull him to outside. If he "rocks" inside continue to 2nd level and block onside linebacker (right).

g) ORANGE-(SHORTY) - "SHORTY" is your call - if defender aligned on you is a 2 or 1 TECHNIQUE (lead up or inside eye or shoulder) make a SHORTY CALL - same as EVEN-SHORTY except you block onside linebacker. If defender aligned on you is a 1 TECHNIQUE - influence by using a BUMP-OFF - step with your inside foot giving the defender a "solid" shoulder -- get width on 2nd step and drive hard to 2nd level to block linebacker in numbers!

h) YELLOW-(3)- Read the alignment of the defender on you. If the defender aligned in a 3 TECHNIQUE (outside eye or shoulder) make a 3 CALL - use GRAB PULL TECHNIQUE. If he "rocks" inside continue to 2nd level and block backside linebacker (left) in numbers.

i) YELLOW-(SHORTY)- "SHORTY" is your call - if defender aligned on you is a 2 or 1 TECHNIQUE (head up or inside eye or shoulder) make a SHORTY CALL - same as EVEN-SHORTY except you block backside linebacker. If defender aligned on you is a 1 TECHNIQUE - SKIN-THRU his outside shoulder and block backside linebacker in numbers!

ON T - MAN BLOCKING - #2 - #2 is always the defender aligned on or outside of you. Read his alignment for proper technique. NOTE: ODD or EVEN - count from center box out! ORANGE - 1st linebacker from inside-out is always the "O" Man! YELLOW - man aligned on or outside is #2!

a) DOWN LINEMAN - If defender aligns in a 5 TECHNIQUE (outside eye or shoulder) use GRAB PULL TECHNIQUE! Drive on outside number - if he locks-on, grab with inside arm and pull him to outside -- away from the hole. If he "rocks" inside continue to 2nd level and block onside linebacker in numbers. If defender aligns in a 4 or 4-I TECHNIQUE (inside eye or shoulder) make a 4 or 4-I CALL - skin - thru his outside shoulder and block onside linebacker - drive him past the hole. NOTE: If onside guard covered by a down lineman and defender aligned on you is head up block him under the chin!

d) ODD-SOLID-(SHORTY)- Onside guard's call - an alert to Team block with onside guard on the nose/tackle to the backside linebacker. Same as ODD-ACE!

e) EVEN-(FOLD) - Your call - make an EVEN CALL if covered by a linebacker. If onside guard makes a 3 CALL pass on FOLD to offside guard. Block backside using ANGLE DRIVE TECHNIQUE - short lead step with near foot-explode - drive "nose" of helmet on near number!

f) ORANGE - Your call - if uncovered and nose/tackle aligns to the right versus 3 Down Linemen or if uncovered and "Mike" aligns to the right versus 4 Down Linemen!

g) YELLOW - Your call - if uncovered and nose/tackle aligns to the left versus 3 Down Linemen or if uncovered and "Mike" aligns to the left versus 4 Down Linemen!

ON G - BLOCK 1ST INSIDE - On or Off LOS.

CALLS TO BE ALERT FOR:

a) ODD-(ACE) - Team block with the center on the nose/tackle to backside linebacker. Step with near foot on defender's hip to block near number. If hip goes away - explode to 2nd level for backside linebacker. NOTE: Important to get movement off the LOS before working to 2nd level!

b) ODD-OFF or CAL) - OFF or CAL is an alert to you that you have the nose/tackle by yourself. Step with near foot at defender's hip - block near number - DRIVE TECHNIQUE! If hip goes away, be alert for a backside Twist or "Dog"!

c) ODD-SOLID-(SHORTY)- Your call - if center makes an ODD CALL and you are covered by a down lineman - make SHORTY CALL - take an inside release - step with near foot and read the center's block to the backside linebacker.

d) EVEN-(3-FOLD) - EVEN CALL - Read the alignment of the defender aligned on you. If defender aligned in a 3 TECHNIQUE (outside eye on shoudler) make a 3 CALL - use GRAB PULL TECHNIQUE - drive on outside number (lead with "nose" of your helmet), grab with inside arm and pull him to outside -- away from the hole. If he "rocks" inside continue to 2nd level and block middle linebacker in numbers -- drive him past the hole.

RUNNING GAME

PLAY NO.

20-30 REACH

RULES - TECHNIQUES - COACHING POINTS:

MUSTS: Maximum splits (3-3-3) - stretch the defense - inside running play. In order to determine who we will TRAP and the blocking scheme to be used, the CENTER will make calls according to the alignment of the defensive front!

a) ODD CALL - Center will make an ODD CALL if he is covered by a down lineman!

b) ODD SOLID - Center will make an ODD SOLID CALL if he is covered by a down lineman and onside guard is covered by a down lineman.

c) EVEN CALL - Center will make an EVEN CALL if he is covered by a linebacker!

d) ORANGE or YELLOW CALL - If the center is uncovered. ORANGE - to the right; YELLOW - to the left! Versus - 3 DOWN LINEMEN - make color call to the side the nose/tackle aligns. Versus - 4 DOWN LINEMEN - make color call to the side that "MIKE" aligns. If "Mike" has been substituted for such as in a 3rd down look (Nickel; Dime; Quarter) make the call to the FORMATION CALL SIDE!

C - OVER-BACKSIDE (OVER only refers to a down lineman in this rule). Block under the chin - good drive technique - must get movement off LOS!

CALLS TO BE ALERT FOR:

a) ODD-(ACE)- Your call - make an ODD-ACE call if covered by a down lineman and both guards covered by a linebacker. Team block with onside guard on nose/tackle to backside linebacker. Want to get MOVEMENT on nose/tackle before working to backside linebacker! Take short lead step with near foot - block under chin - if nose/tackle works into onside guard - drive to 2nd level to block backside linebacker!

b) ODD-(OFF)- Offside guard's call - an alert to block backside - ANGLE DRIVE TECHNIQUE - step with near foot - drive "nose" of helmet on near number!

c) ODD-(CAL) - Offside tackle's call - an alert to block backside linebacker who is aligned in general area backside. Drive tight off the ball for backside linebacker - step with near foot. NOTE: This can also be your call if linebacker is in the backside "A" GAP!

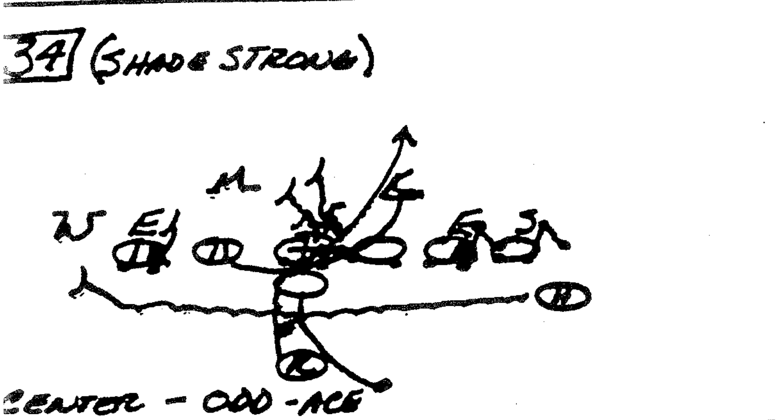
RUNNING GAME

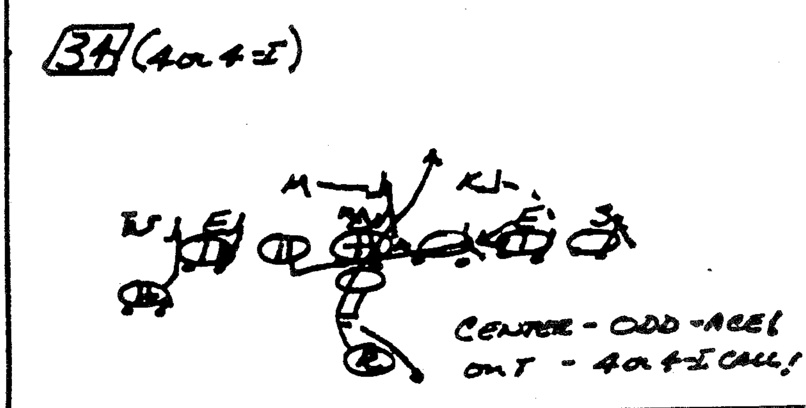
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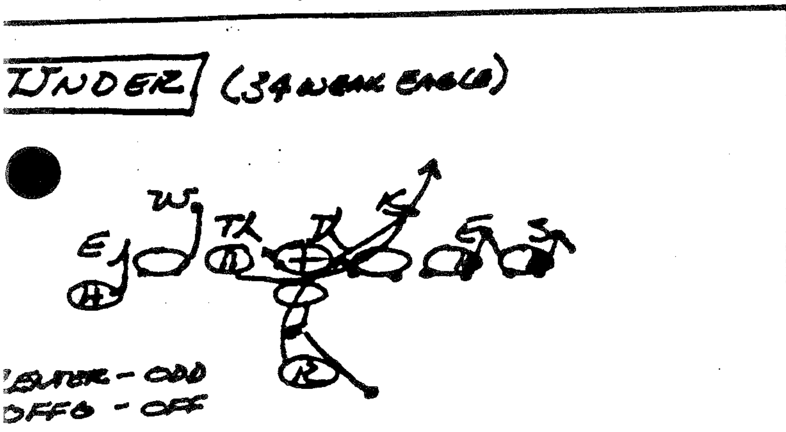
20-30 REACH

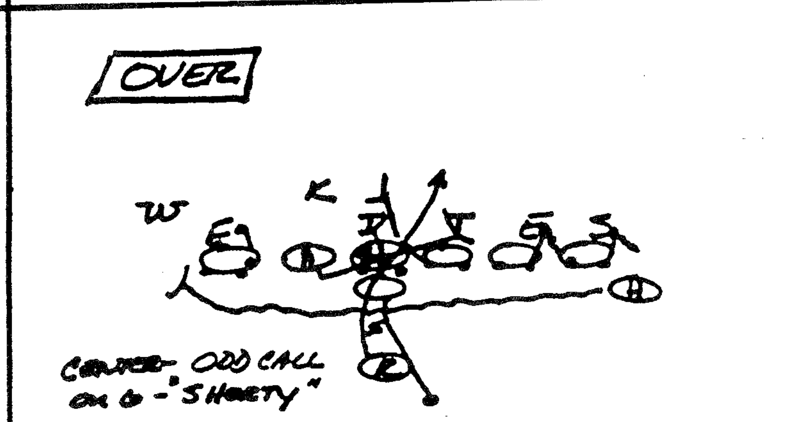
Quick hitting dive play to our "R-Back" that will start towards the "butt" of the Center and may break towards either guard with shallow cuts. Because of multiple defensive looks we will use a number of different blocking schemes to insure the success of the play.

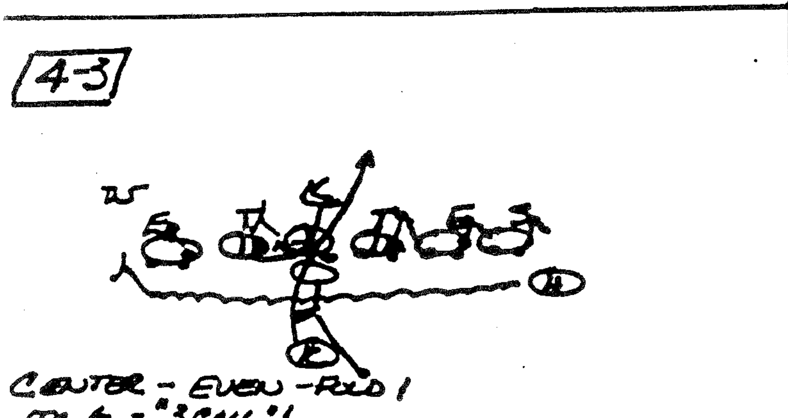
DEFENSIVE FRONTS - 1986

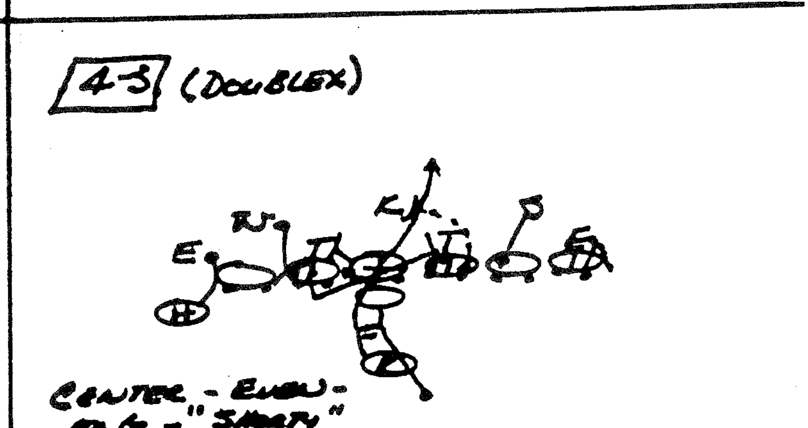


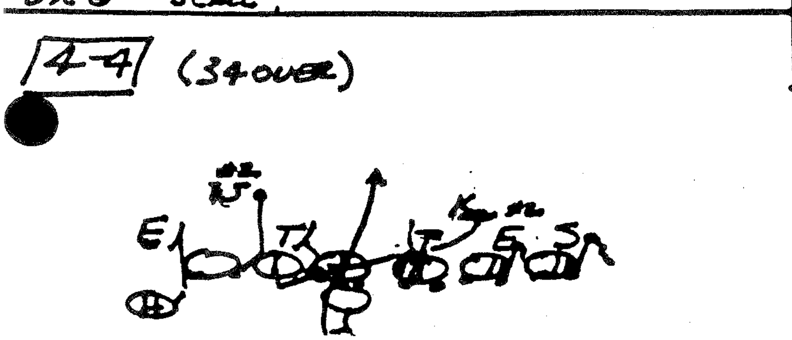












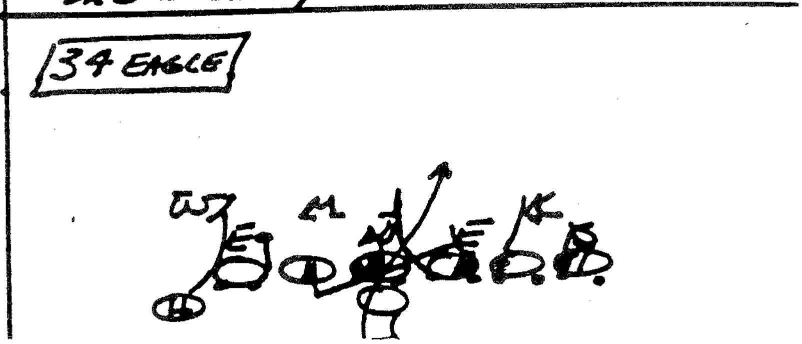
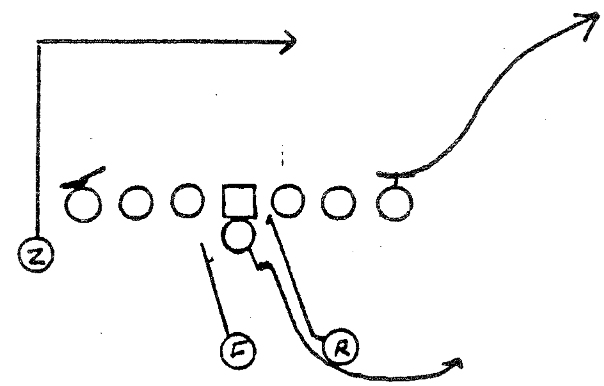
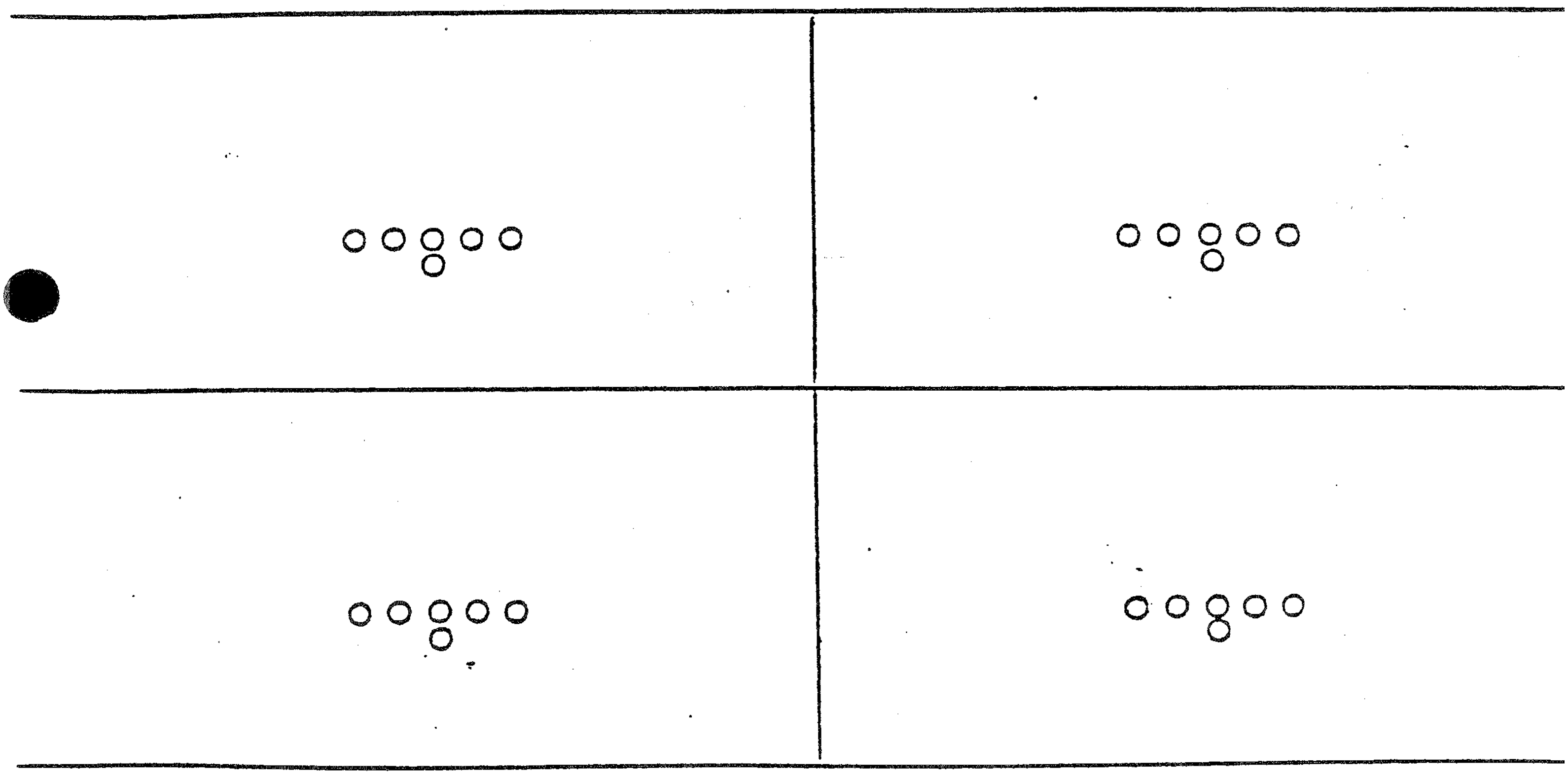


TABLE OF CONTENTS

(20-30 HOLE PLAYS)

WAGGLE PASS





KEY COACHING POINTS

QB read

Fake to R then roll rt.
Check "Y" then run it.
Z is last option

PROTECTION

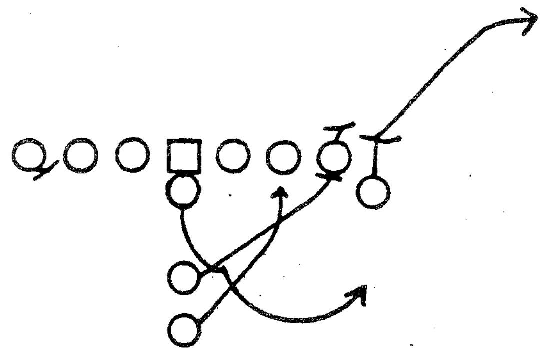
Waggle

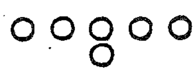
FORMATION

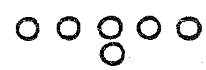
Far Lt Tight Wing

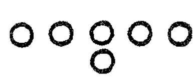
"H" - fake to center guard gap, LBer
"R" - step up and take LBer inside out
"X" - block man over then to flag
"Y" - aggressive protection backside (most dangerous rusher inside out)
"Z" - release across back of end zone

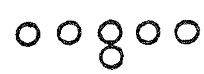
PLAY PASS 60 CHIP (IRTW)











KEY COACHING POINTS

QB - Reverse pivot make a good run fake; roll to call ; run/pass option with Z.

S.B.(H) - Block 1st color to show inside/outside of Y.

W.B.(R) - Make great run fake.

"Y" - High pressure control -protect full time.

"Z" - High pressure control 2 counts - corner of end zone.

"X" - Backside protect (most dangerous on outside).

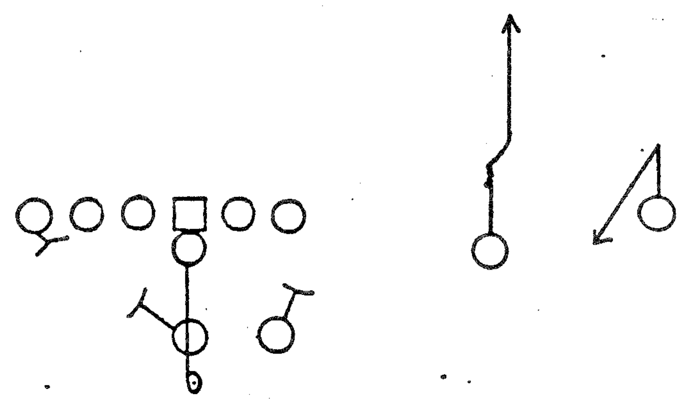
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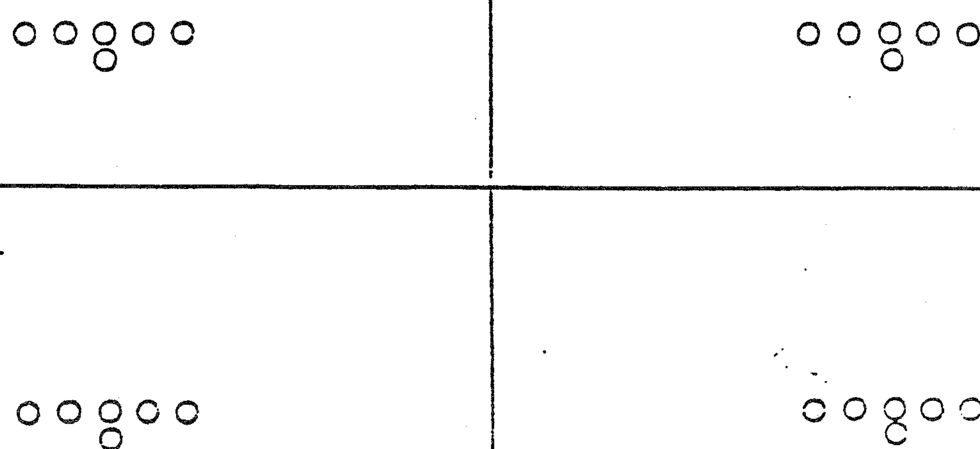
Play Pass

FORMATIONS

I Right Tight Wing
Near Right Tight Win

989 ROBERT





QB's Read

1. Take 1st look at Z if not there come down to X

"H"- max protect
"R"- max protect
"Y" - backside protect (most dangerous rusher, on, outside)
"Z" - fade with good stem, you must allow good box
"X" - flash, runaway if scramble

KEY COACHING POINTS

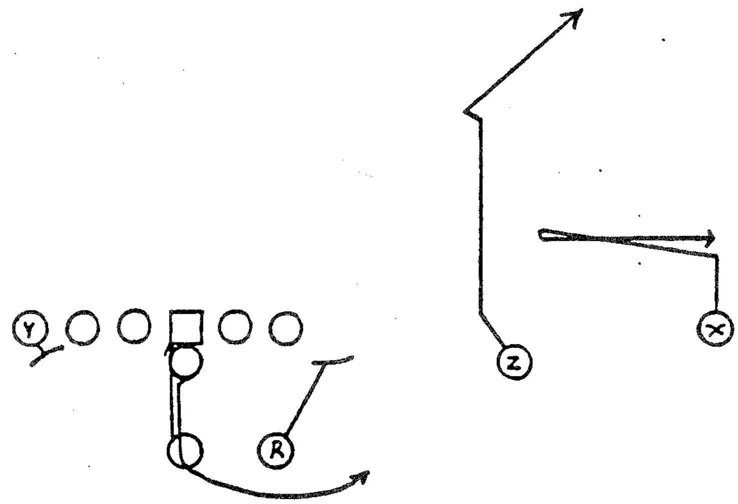
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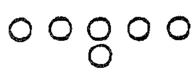
Larry/Robert (max)

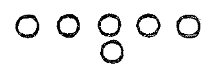
FORMATIONS

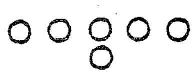
Far Left Slot

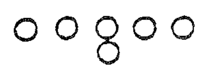
RUN PASS 20 REACH PIVOT











KEY COACHING POINTS

QB's drop - run pass 20 Reach

QB's read

Stay strong to Z then X
If 7 not ther look to pivot
then run

PROTECTION

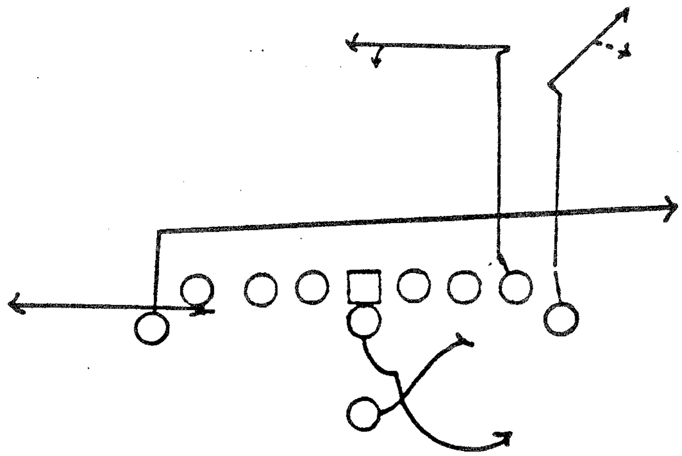
Run Pass

FORMATIONS

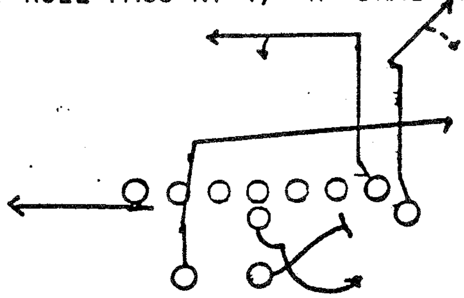
Far Left Slot

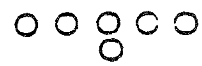
"H" - Block 1st man outside tackle
"R" - Fake 20 Reach
"Y" - protect backside, (most dangerous on, outside)
"Z" - 7 route, with good inside seam
"X" - fake 2 (pivot)

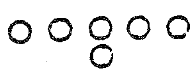
SPLIT ROLL PASS RT 47 "H" DRAG (DOUBLE WING RT)
SPLIT ROLL PASS RT 47 X DRAG (SQUEEZE RT WING)

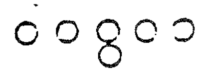


SPLIT ROLL PASS RT 47 "R" DRAG (FRTW)









KEY COACHING POINTS

QB: Roll off 40 Gut Fake; strongside read
Z to Drag; Last options are "Y" and "U"

R Fake 40 Gut, Block Sam to S/S (forget fake if blitz)
H Drag
Y: 4 route, across back of End Zone
X Block most danger on, outside, then flat
Z: 7 Route (might have to adjust 7 flat)

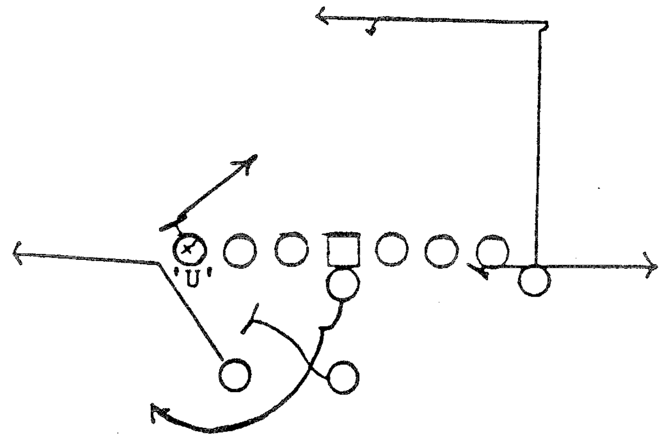
PROTECTION

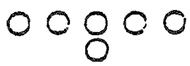
Roll

FORMATION

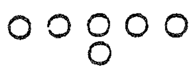
Double Wing Rt
Squeeze Rt Wing
FRTW

ROLL PASS LT X SNEAK
"U"











KEY COACHING POINTS

QB = Fake 50 Gut then continue to roll; Weakside read "R" to Sneak; Z & Y are late possibilities
H = Flat, avoid defender over the top
R = Fake 50 Gut, Will to Weak Corner (forget fake if blitz)
X = Block "Will" 2½ count then Sneak
Y = Block most dnagerous on, outside, flat after 3 count
Z = Cross at back of end zone, Hook in open area

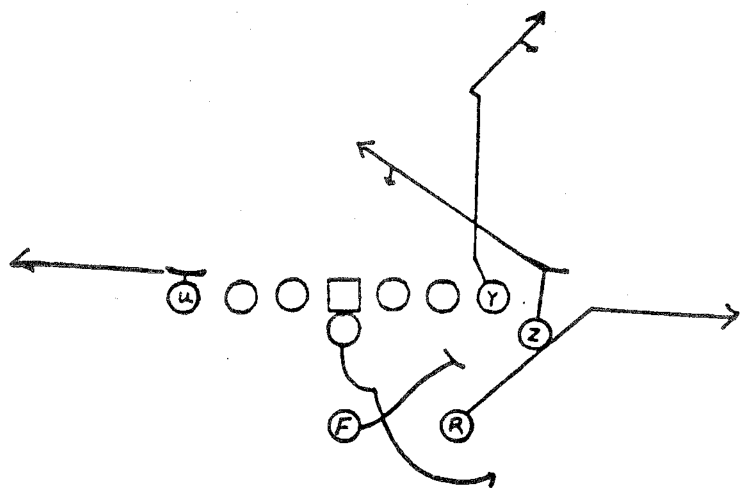
PROTECTION

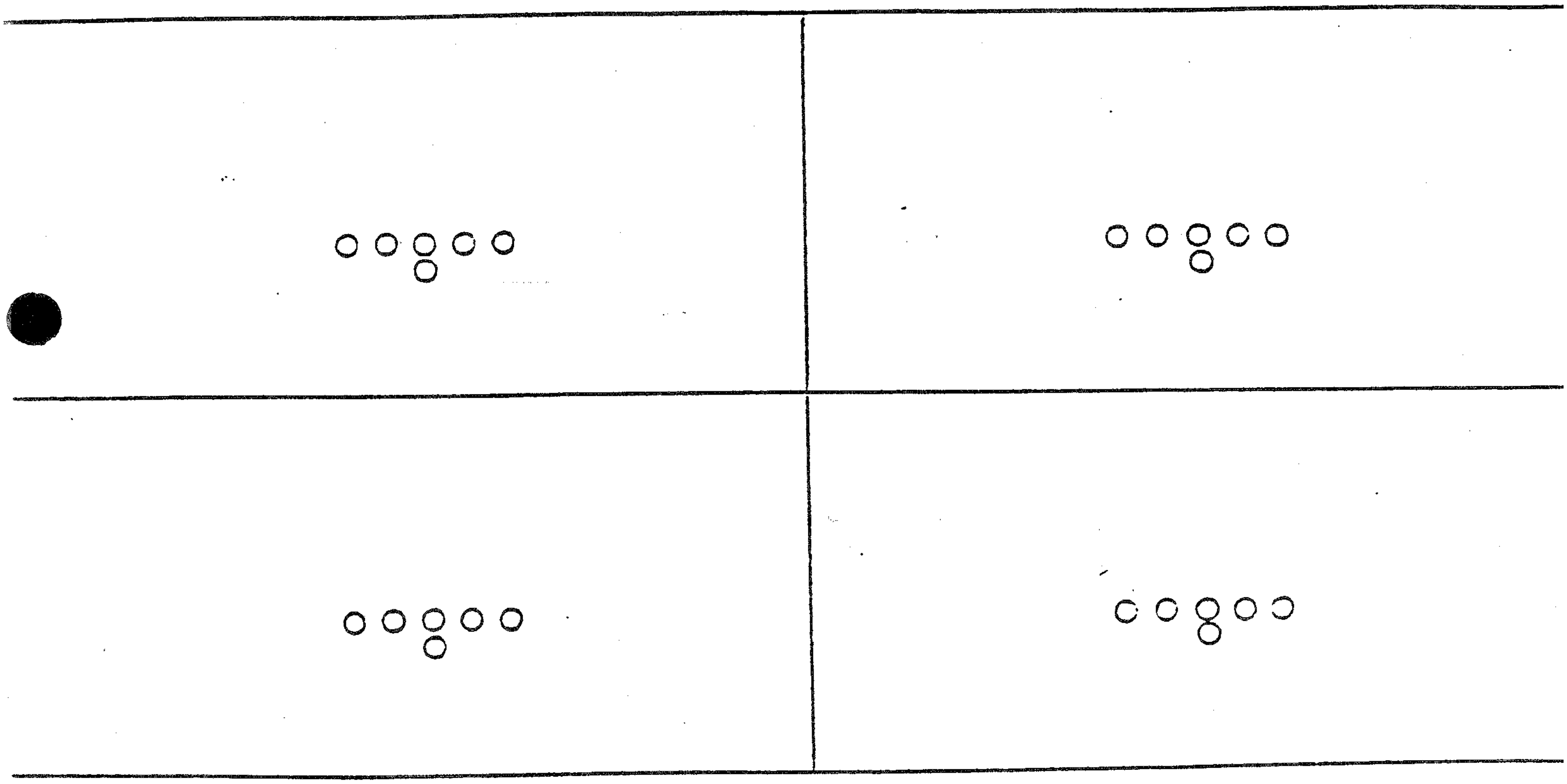
Roll

FORMATION

FRTW
FRTW ZING

ROLL PASS RT Z SNEAK (NRTW)





KEY COACHING POINTS

QB = Roll off 40 Gut Fake; Read stay strongside,
R, to Y to H. "U" is your last option
R = Fake 40 Gut, Sam to S/S. (If blitz forget fake)
H = Flat, avoid rusher over the top
Y = 7 route (pressure inside release)
Z = Block over, outside then sneak 2½ counts
X = Block most dangerous on, outside then release after 3 count

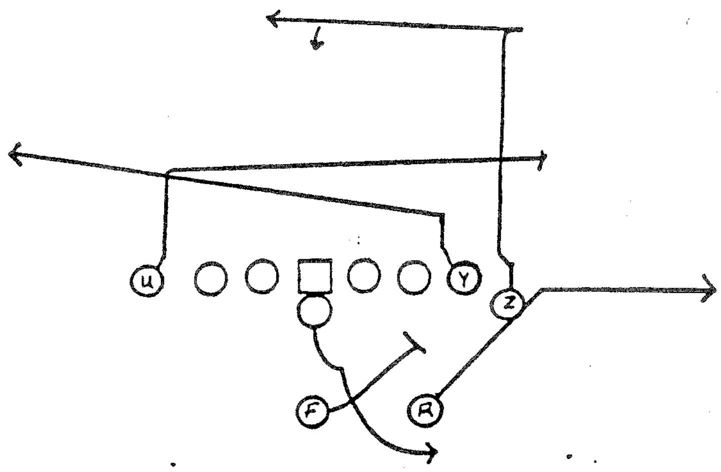
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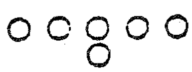
Roll

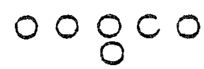
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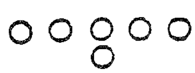
NRTW
NRTW Zing

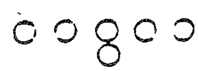
ROLL PASS RT 428 (NRTW)











KEY COACHING POINTS

QB = Roll off fake to FB; stay strong to R then X if not there you can come back to "Y" or Z late

FB = Off 40 Gut Fake. Sam to SS (If blitz, disregard Fake)

H = Flat, avoid force over the top

Y = 2 route going underneath X

X = 4 route, allowing enough deep so "Y" can clean underneath

Z = 8 route, across back of end zone, hooking in open area.

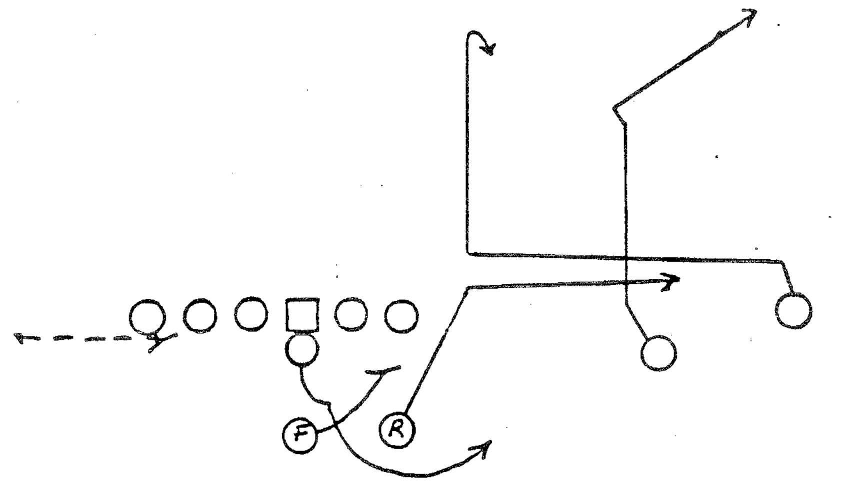
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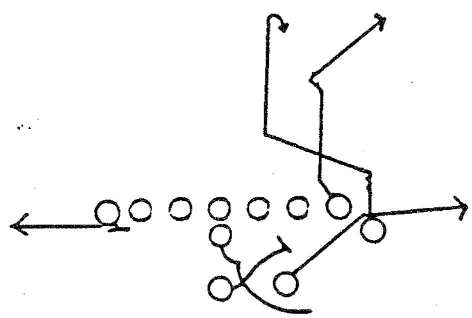
Roll

FORMATION

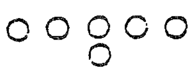
NRTW
NRTW Zing
FRTW Motion

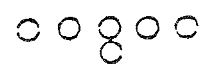
ROLL PASS RT 72 PICK











KEY COACHING POINTS

QB read Fake 40 Gut, then roll
1. Check Z then R or run it
2. Y is final outlet

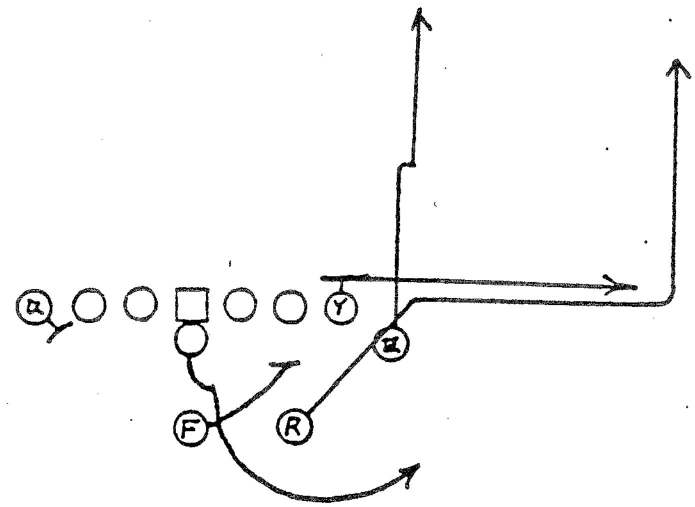
PROTECTION

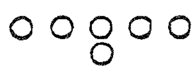
Roll Pass

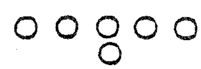
FORMATIONS

Far Lt Slot

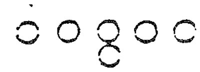
"H" - flat
"R" - roll protect, forget fake if blitz
"Y" - backside protect (most dangerous on, outside)
"Z" - 7 route, with good seam and hint
"X" - 2 route, then hook in backs of end zone











KEY COACHING POINTS

QB's read, Fake 40 Gut, then Roll

Stay strong
Z or R to Y

"H"- shoot
"R"- roll protect (Forget Fake if Blitz)
"x"- backside protect (Most dangerous inside out)
"Y" - block man over then flat
"Z" - 8 route

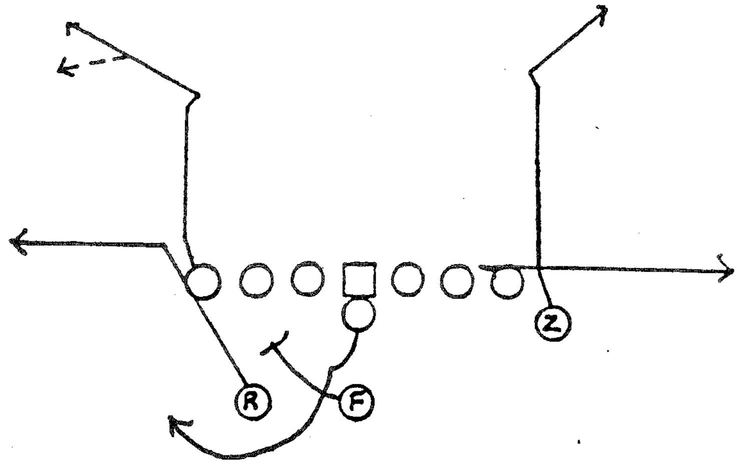
PROTECTION

Roll

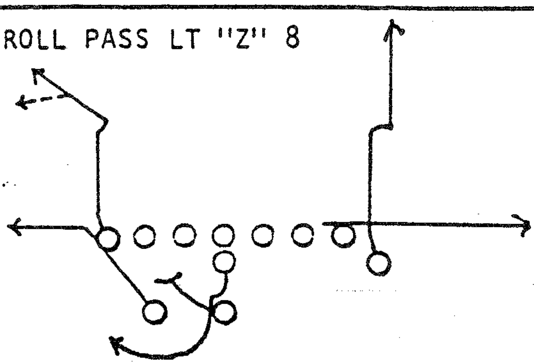
FORMATIONS

Near Rt Tight Wing

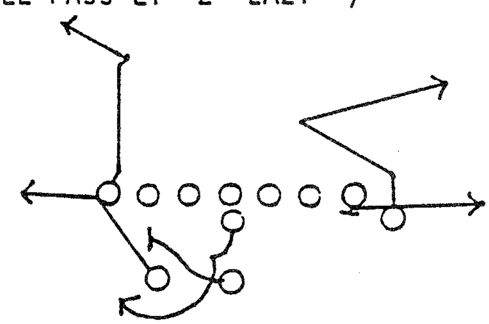
ROLL PASS LT "Z" 7

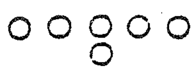


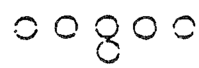
ROLL PASS LT "Z" 8



ROLL PASS LT "Z" LAZY "7"







Fake 50 Gut then ball

QB read -

1. Check 7 for man coverage if not there stay weak. "y" is third option.

"H" - flat
"X" - 7 route
"R" - roll protection (forget Fake if Blitz)
"Y" - block man on then Flat after 3 second delay
"Z" - run man 7 route

KEY COACHING POINTS

PROTECTION

Roll

FORMATIONS

Far Rt Tight Wing

SHORT YARDAGE & GOAL LINE PASSES

Roll Pass
"Z" 7
"Z" 8
"Z" Lazy 7
"Y" Smash
72 Pick
428
"Z" Sneak
"X" (U) Sneak
Split Roll 47 "R" Drag

RUN PASS

20 Reach Pivot

989 Robert

P.P. 60 Chip

GOALLINE AND SHORT YARDAGE

PLAY NO.

WAGGLE PASS RIGHT OR LEFT

"Y" - Onside

Man Blocking #3
High pressure control for 2 counts and release for flag.

Offside

Man Blocking #3
High pressure control and block full time.

"X" - Onside

Man Blocking #3
High pressure control for 2 counts and release for flag.

Offside

Man Blocking #3
High pressure control and block full time.

"Z" - Onside

Offside

Run route called - release cross the back of end zone.

"QB" - Open to call side, flash fake to dive back and continue to roll with some depth to call; run/pass option.

"R" - Drive toward the outside foot of the backside guard. Look for first linebacker to the offside.

"H" - Quick "T" 20/30 Reach Fake to LOS. Look for first linebacker from center to the callside.

GOALLINE AND SHORT YARDAGE PASSING

PLAY NO.

WAGGLE PASS RIGHT or LEFT

RULES - TECHNIQUES - COACHING POINTS

NOTE: The onside in this protection is the side of the ACTION CALLED - EXAMPLE: WAGGLE PASS RIGHT - the onside is the RIGHT SIDE; WAGGLE PASS LEFT - the onside is the LEFT SIDE.

C - OVER - FULL REACH FIRST MAN PLAYSIDE (Over only refers to a down lineman in this rule). If covered by a down lineman, block under the CHIN - HIGH PRESSURE CONTROL! If covered by a linebacker, or uncovered - Full Reach First defender Playside. Dip under his pads and cut him off!

ON G - PULL towards the onside - your blocking assignment is outside linebacker to support! NOTE: As you start to PULL, belly back slightly off the L.O.S. getting a little depth - focus your eyes on the outside linebacker - if he is slanting towards you - CHOP his outside leg. If he is "sitting" on the L.O.S. - attack his outside shoulder to log him! If he drops, turn on the speed getting outside for support. YOU ARE A PERSONAL ESCORT FOR THE QB!

ON T - MAN BLOCKING - #2 - (#2 is always the defender aligned on you.) Block under the chin - HIGH PRESSURE CONTROL!

OFF G - MAN BLOCKING - #1 - If this is a linebacker, block inside on the nose/tackle. Step at the hip to block the near number. If #1 is a down lineman, block inside number - HIGH PRESSURE CONTROL!

OFF T - MAN BLOCKING #2 (#2 is always the defender aligned on you.) Block inside number - HIGH PRESSURE CONTROL!

GOALLINE AND SHORT YARDAGE PASSING

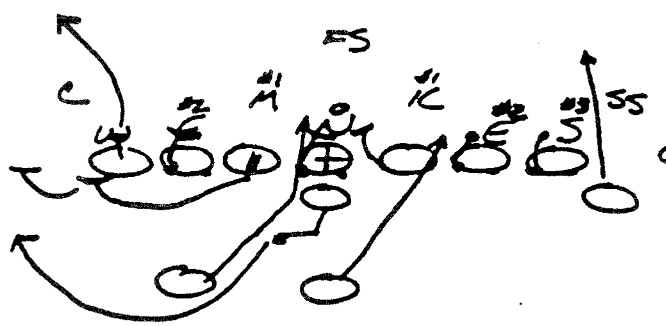
PLAY NO.

WAGGLE PASS RIGHT or LEFT

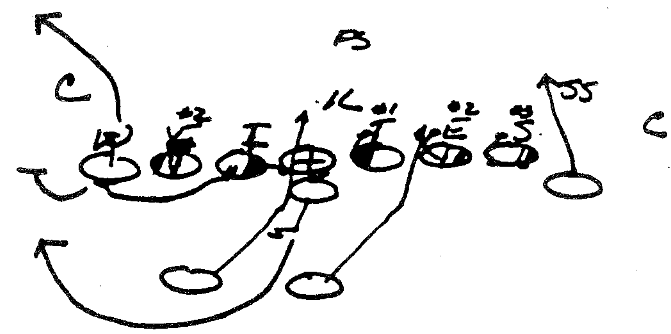
WAGGLE PASS PROTECTION will be used in certain short yardage and goalline situations. Offensive line will block aggressive giving the defense a RUN READ. The ONSIDE GUARD will always PULL and block the outside linebacker to support.

DEFENSIVE FRONTS - 1986

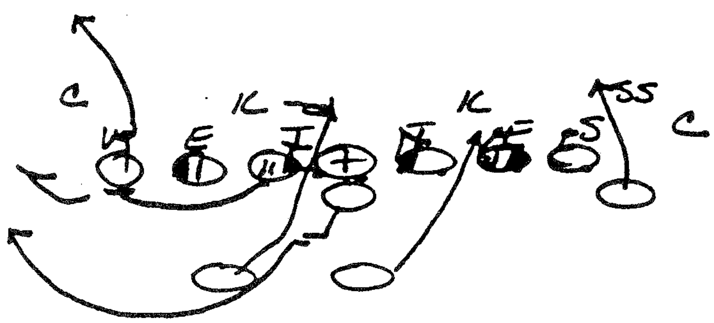
34 (ENDS 4 or 4-1)



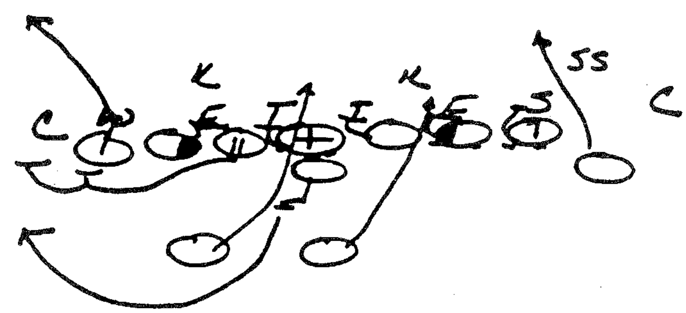
6-1



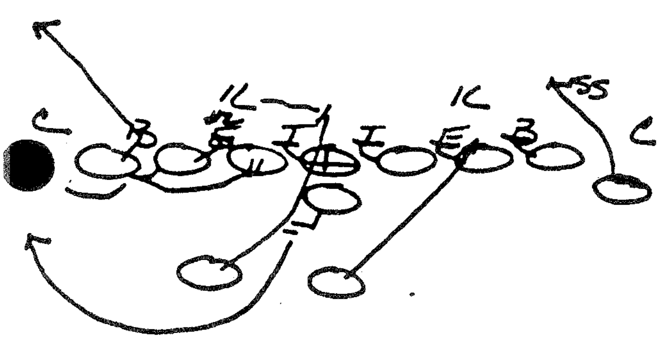
$UB 6-2



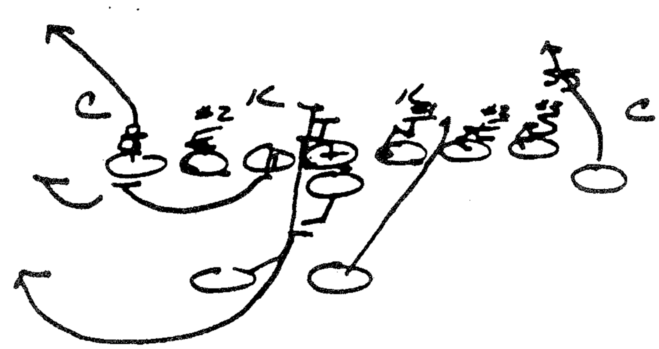
$UB 6-2 (TACKLES - ENDS PINCH)



$UB 6-2 (GAP)



$UB 6-2 (OVER)



GOALLINE AND SHORT YARDAGE

PLAY NO.

ROLL PASS RIGHT OR LEFT

"Y" - Onside

Run 7 Route

Offside

Man Blocking #3
Aggressive to own side gap -
3 counts - check flat

"X" - Onside

Run 7 Route

Offside

Man Blocking #3
Aggressive to own side gap -
3 counts - check flat

"Z" - Onside

Run pattern called or Tag

Offside

Run pattern called or Tag

"QB" - 60/70 Blast footwork; continue to roll to call side with some depth, run/pass option.

"R" - Flash Fake 60/70 Blast and responsible for first defender to show outside of the onside tackle. Take defenders inside number and work to square up to LOS. Anticipate inside move from defender.

"H" - Take flat route directly at the outside heel of "Y" or unit receiver in T.E. area. Work to cross the face of #4. Run pattern parallel to LOS at depth of one or two yards.

GOAL LINE AND SHORT YARDAGE PASSING

PLAY NO.

ROLL PASS RIGHT OR LEFT

RULES - TECHNIQUES - COACHING POINTS:

C - MAN BLOCKING - "O" - (HIGH PRESSURE CONTROL) - ODD CALL - aggressive towards the onside gap. EVEN CALL - Dual to backside - Step towards onside gap - work out the back door.

CALLS TO BE ALERT FOR:

a) ODD or EVEN CALL - Your call - To determine the alignment of the defense and which lineman from center box - backside has DUAL READ.

b) ORANGE or YELLOW CALL - Your call - when uncovered - call to determine which side you are counting "O".

ON G - MAN BLOCKING - #1 - (HIGH PRESSURE CONTROL) If #1 is a linebacker (ODD CALL) - Step hard with near foot towards onside gap "eye-ball" the linebacker - if he blitzes take him on aggressively. If he drops - turn back inside and help the center.

ON T - MAN BLOCKING - #2 - (HIGH PRESSURE CONTROL) - Read his alignment - Step accordingly and block under the chin. If #2 is a linebacker - Step hard with near foot towards onside gap and "eye-ball" the linebacker - if he blitzes fake him on aggressively. If he drops - turn back inside and help the guard.

OFF G - MAN BLOCKING - #1 - (HIGH PRESSURE CONTROL). If #1 is a linebacker (ODD CALL) - Step hard towards onside gap - if he blitzes take him on aggressively. If he drops - Slide out the back door.

CALLS TO BE ALERT FOR:

a) ODD CALL - DUAL to backside - Slide to it.

b) EVEN CALL - High Pressure control under the chin. NOTE: If 3 technique can use SCRAMBLE - SQUEEZE inside number.

OFF T - MAN BLOCKING - #2 - (High Pressure Control) - If #2 is a down lineman, read his alignment - if defender is aligned in a 4 or 4-I TECHNIQUE (Head up or inside eye or shoulder) - Step with playside foot and block under the chin. If he is aligned in a 5 TECHNIQUE (outside eye or shoulder) - Step with playside foot and block inside number (SCRAMBLE-SQUEEZE) - If #2 is a linebacker - Step hard with near foot towards onside gap and "eye-ball" the linebacker - if he blitzes take him on aggressively. If he drops - SWING-THE-GATE and look to pick up the defensive end.

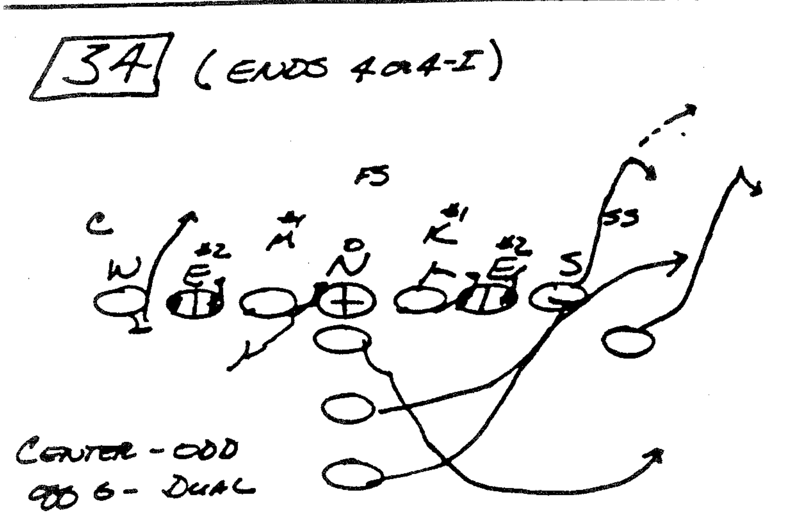
GOAL LINE AND SHORT YARDAGE PASSING

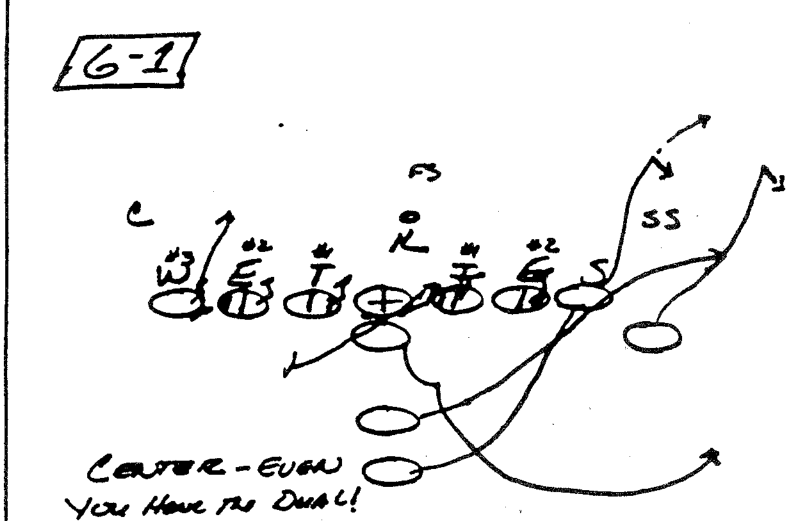
PLAY NO.

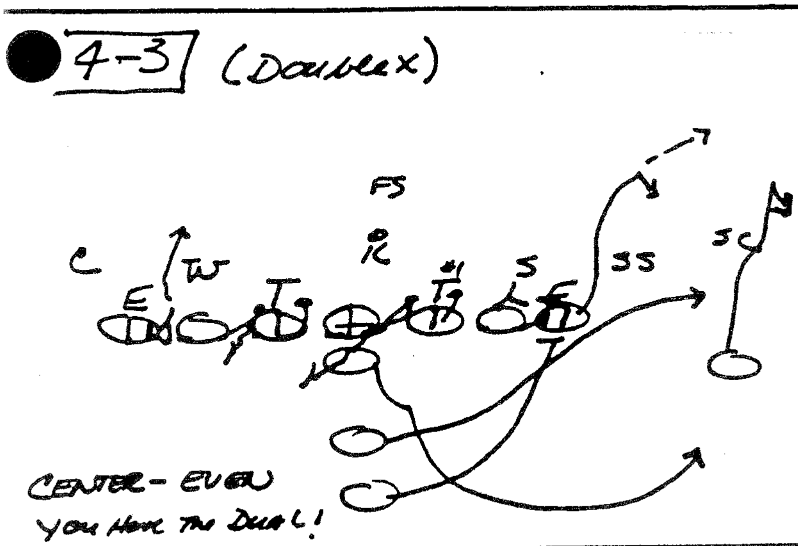
ROLL PASS RIGHT OR LEFT

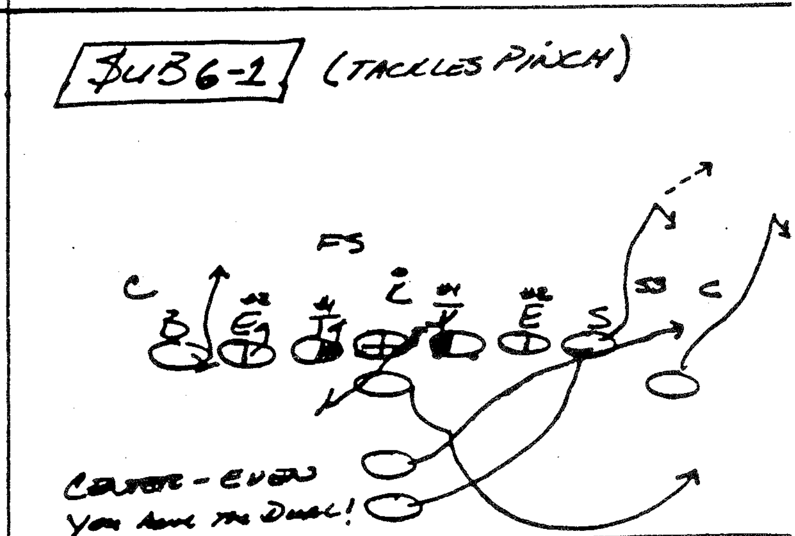
ROLL PASS PROTECTION will be used in goal line and short yardage situations. This is an aggressive style of pass protection whereby the offensive line will block aggressive towards the onside gap. The first uncovered lineman from the center box backside will have a DUAL READ.

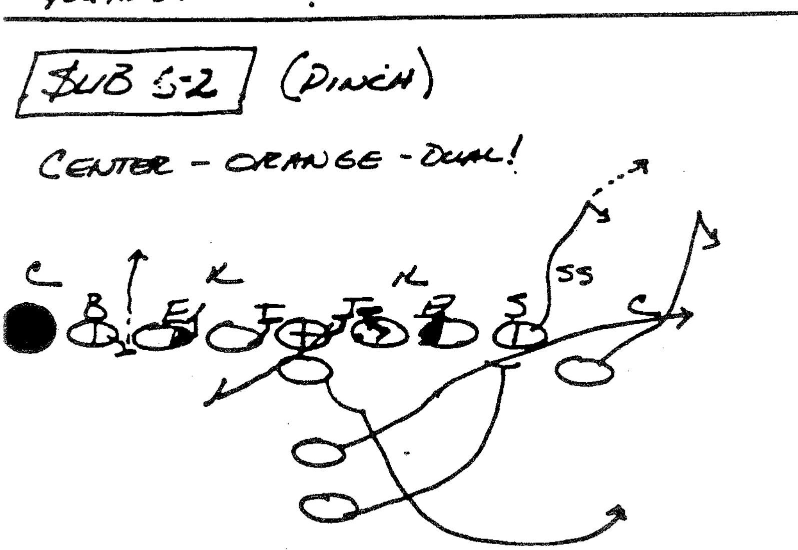
DEFENSIVE FRONTS - 1986

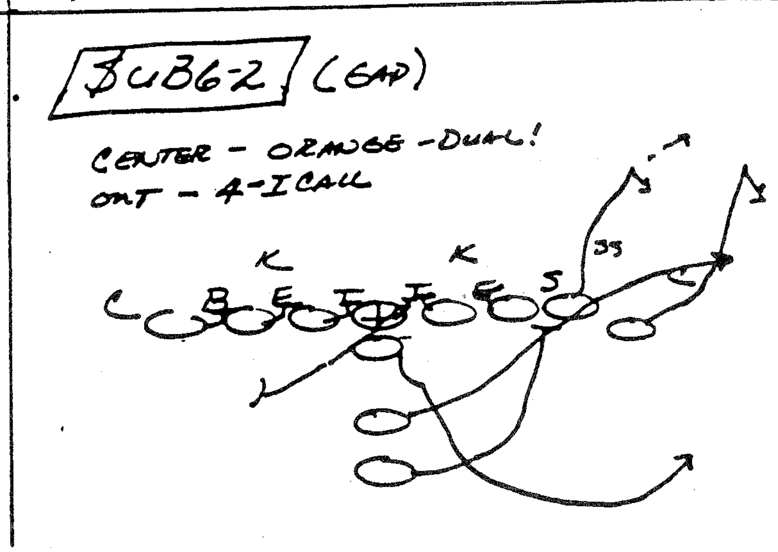












GOALLINE AND SHORT YARDAGE

PLAY NO.

RUN PASS RIGHT OR LEFT

"Y" - Offside

Protect backside
Most dangerous on, outside
Note: 20 Reach Pivot

"X" - Onside

Fake 2
Note: 20 Reach Pivot

"Z" - Onside

7 Route from Slot
Note: 20 Reach Pivot

"QB" - 20/30 Reach footwork and continue to roll with some depth to play side; run/pass option.

"R" - Fake 20/30 Reach action to the LOS. Expect to fill for pulling offensive lineman. If no one is there, block pursuit from the backside.

"H" - Responsible for blocking first defender outside the O.T. to the callside. Work to get outside leverage on defender without opening the gate for quick inside charge by the defender.

GOALLINE AND SHORT YARDAGE PASSING

PLAY NO.

RUN PASS RT or LT

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The onside in this protection is the side of the ACTION CALLED - EXAMPLE: RUN PASS RT - 20 REACH PIVOT - onside is the RIGHT SIDE; RUN PASS LT - 30 REACH PIVOT - onside is the LEFT side!

C - OVER - BACKSIDE (Over only refers to a down lineman in this rule). If covered by a down lineman, block under the CHIN - HIGH PRESSURE CONTROL. If covered by a linebacker or uncovered - block backside - use ANGLE DRIVE TECHNIQUE - short lead step with near foot - drive "nose" of helmet on near number!

ON G - MAN BLOCKING #1 - If #1 is a linebacker, block inside on the nose/tackle. Step at the hip to block the near number. If #1 is a down lineman, block under the chin - HIGH PRESSURE CONTROL!

ON T - MAN BLOCKING #2 - (#2 is always the defender aligned on you.) Block under the chin - HIGH PRESSURE CONTROL!

OFF G - PULL towards the onside - check the onside linebacker to support! NOTE: As you cross the center's box, belly back slightly off the L.O.S. getting a little depth - "eyeball" the onside linebacker - if he is not blitzing, turn on the speed getting outside for support. YOU ARE A PERSONAL ESCORT FOR QB!

OFF T - MAN BLOCKING #2 - (#2 is always the defender aligned on you.) Block inside number - HIGH PRESSURE CONTROL!

GOALLINE AND SHORT YARDAGE PASSING

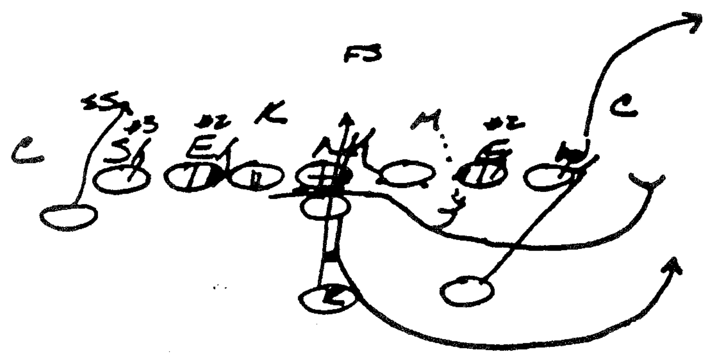
PLAY NO.

RUN PASS RIGHT or LEFT

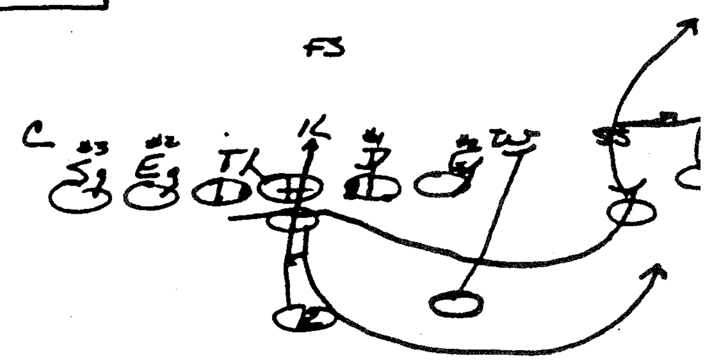
RUN PASS PROTECTION will be used in certain short yardage and goalline situations. Offensive line will block aggressive giving the defense a definite RUN READ. The OFFSIDE GUARD will always PULL and check onside linebacker to support!

DEFENSIVE FRONTS - 1986

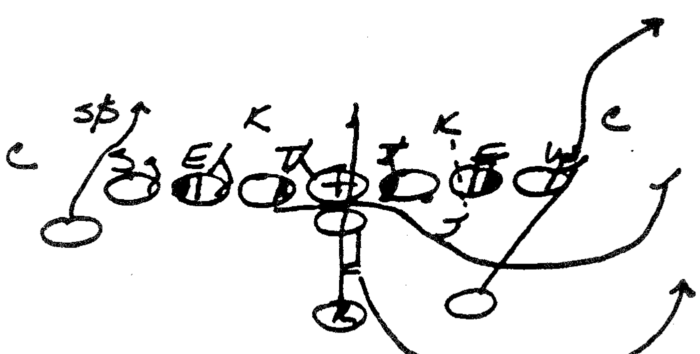
34 (ENDS 4 or 4-I)



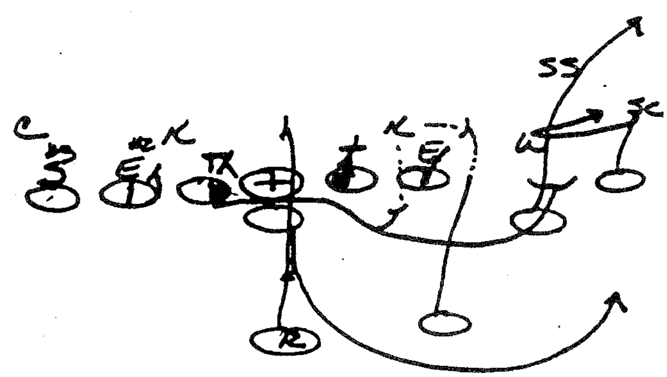
6-1



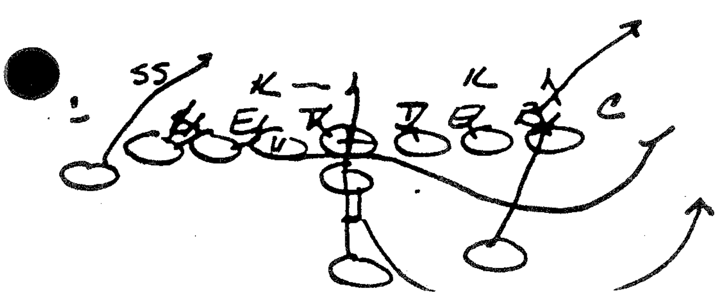
SUB 6-2



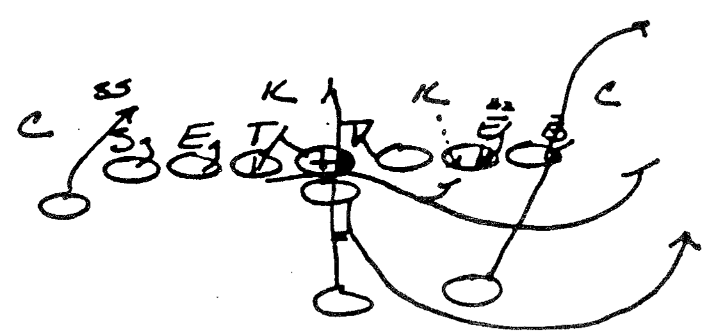
SUB 6-2 (TACKLES PINCH)



SUB 6-2 (GAP)



SUB 6-2 (OVER)



GOALLINE AND SHORT YARDAGE

PLAY NO.

PLAY PASS 60-70 CHIP

RULES - TECHNIQUES - COACHING POINTS:

NOTE: - The onside in this protection is the side of the action called - Example: PLAY PASS 60 CHIP - the onside is the right side.

C - MAN BLOCKING - "O" - Same as 60-70 Chip. If covered by a linebacker - drive hard to the hip of the next down lineman to playside - hinge back if no one coming into your area.

CALLS TO BE ALERT FOR:

a. ORANGE or YELLOW - Your call - call to alert offensive line which side "O" is when uncovered. ORANGE - to the right; YELLOW - to the left.

ON G - MAN BLOCKING - #1 - Same as 60-70 Chip. If #1 is a linebacker - drive hard to the defender aligned on the tackle. If covered by a down lineman, read his alignment - possible GAP CALL vs 1 or 2 technique. If outside eye or shoulder (3 technique) - drive on outside number - HIGH PRESSURE CONTROL - work to stay square!

ON T - MAN BLOCKING - #2 - Same as 60-70 Chip. If #2 is a down lineman, read his alignment. If outside eye or shoulder (5 technique) - block a point between his sternum and outside breast - if head up or inside eye (4 or 4-I technique) block under chin - HIGH PRESSURE CONTROL - possible SLIP CALL! If #2 is a linebacker - drive hard to the hip of the defender aligned on the tight end -- be alert for linebacker coming under your block.

OFF G - MAN BLOCKING - #1 - Same as 60-70 Chip. If #1 is a linebacker - drive hard to the hip of the defender aligned on the center - hinge back if no one coming into your area. If covered by a down lineman, drive on his inside number - HIGH PRESSURE CONTROL!

OFF T - MAN BLOCKING - #2 - Same as 60-70 Chip. If #2 is a down lineman, drive on his inside number - HIGH PRESSURE CONTROL! If #2 is a linebacker - drive hard to the hip of the defender aligned on the guard - hinge back if no one coming into your area.

GOALLINE AND SHORT YARDAGE

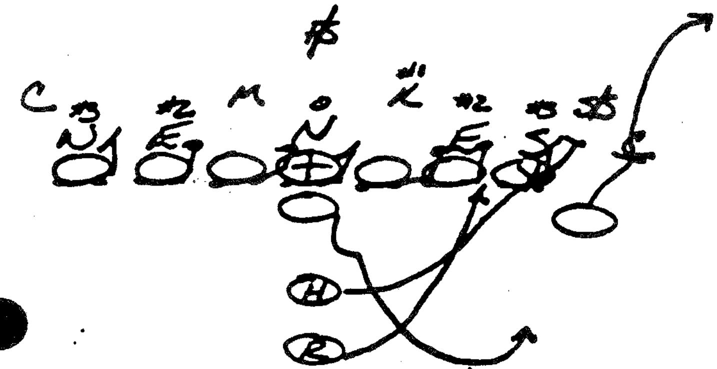
PLAY NO.

PLAY PASS 60-70 CHIP

This pass protection will be blocked exactly like the RUN! It is important that we give the defense a RUN READ so that the defense reacts to the run, in order for this type of pass to be successful!

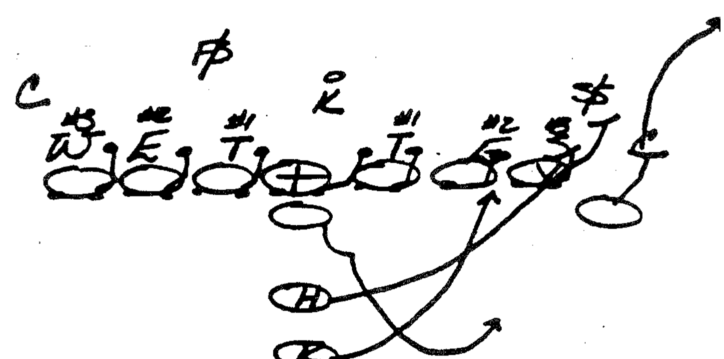
DEFENSIVE FRONTS - 1986

55



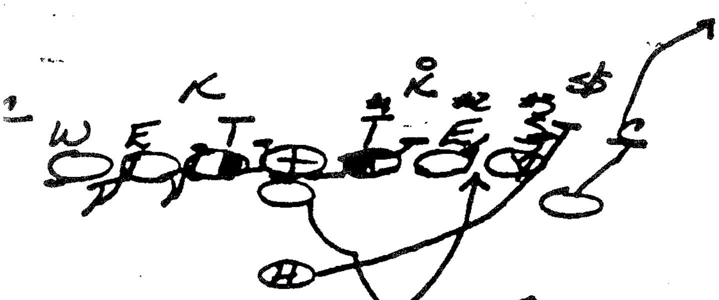
*ORG-ONT - Possible Flip!

6-1



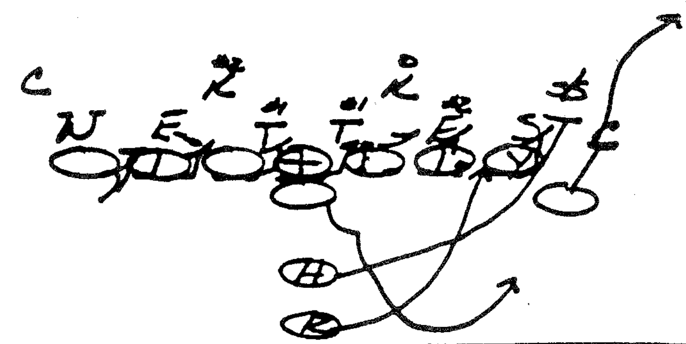
* C-ORG - Possible GAP

SUB 6-2 - ORANGE CALL

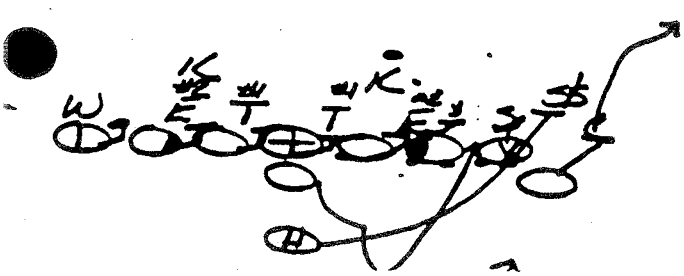


?-ORG-GAP!

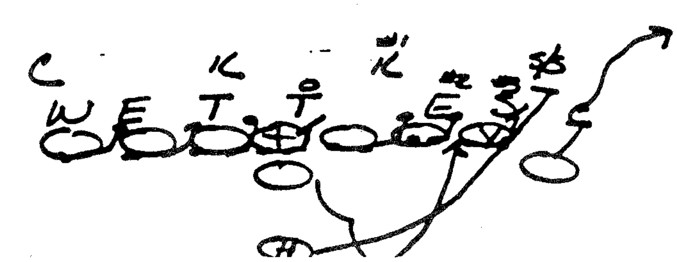
SUB 6-2 - TACKLES in 1 GAP (orange CALL)



SUB 6-2 (GAP)



SUB 6-2 (OVER)



GOALLINE AND SHORT YARDAGE

PLAY NO.

80-90 PINCH

"Y" - Man Blocking #3

Onside

Quad blocking scheme with wing step with proper foot to drive block. If defender pressures you maintain and knock him off the block. If he disappears outside work to 2nd level for LB!

Offside

Cut off #3
Color call - block playside gap.

"X" - Man Blocking #3

Onside

Quad blocking scheme with wing.

Offside

Cut off #3
Color call - block playside gap.

"Z" - 1st inside on or off the LOS.

Onside

Quad block with Y. Step with inside foot - stop at hip of defender to block near number. Read the hip. If hip stays punch and drive on new number. If hip disappears work to 2nd level for L.B. Get movement!

"QB" - Open away from hole, reverse pivot, get ball to back as deep as possible. Continue to pass set as in CH 60/70.

"H" - Drive straight at first defender outside of "Y" or unit end. Block man square under the chin and drive him back. Be prepared for inside move by the defender you are blocking.

"R" - 60/70 Chip backfield action and follow the lead back's block; read the block, make your cut and score.

OFF G - MAN BLOCKING - #1 - (PLAYSIDE GAP TECHNIQUE) If #1 is a linebacker - ZONE STEP - Step with playside foot for a point inside nose/tackle's near hip. Read his charge or reaction. If #1 is a down lineman read his alignment to cut off using either a scramble or scramble-squeeze technique. If defender is aligned inside eye or shoulder or in 1 Gap (1 or 1 GAP TECHNIQUE) - Dip under his pads and shoulders to goal line.

OFF T - MAN BLOCKING - #2 - (PLAYSIDE GAP TECHNIQUE) If #2 is a down lineman, read his alignment to cut off using either a scramble or scramble-squeeze technique. If #2 is a linebacker - dip your backside shoulder and hip and explode to 2nd level to chop playside knee of the linebacker. If linebacker scrapes where you can't block him, look for backside pursuit from corner or strong safety.

CALLS TO BE ALERT FOR:

a) "C" CALL - Your call - when #2 is a linebacker - NOTE: In some short yardage and goal line defenses there will be a 1 or 1 GAP TECHNIQUE aligned inside the guard with a linebacker aligned inside of you with a down lineman aligned on your outside eye or shoulder. Interpret the linebacker as #2.

GOAL LINE AND SHORT YARDAGE RUNS

PLAY NO.

80-90 PINCH

RULES - TECHNIQUES - COACHING POINTS:

C - MAN BLOCKING - Over - (PLAYSIDE GAP TECHNIQUE) If defender is shaded playside - dip under his pads and drive on his playside thigh - work to square your shoulders to goal line.

CALLS TO BE ALERT FOR:

a) GAP - Cut off the defender aligned on the guard - dip under his pads - Get your head by (STOP PENETRATION) work to square shoulders to goal line.

b) MAN-IT - Cut off the defender aligned in 1 Gap playside - you have NO HELP - The guard is pulling for the onside linebacker to support.

c) ORANGE or YELLOW - Your call - if uncovered - make color call to alert offensive line with side "0" is for counting and rule interpretation - ORANGE - TO RIGHT; YELLOW - TO LEFT.

ON G - MAN BLOCKING - #1 - If #1 is a linebacker you may pull to block onside linebacker to 2nd level support. Read the alignment of the 1 Technique - if you feel the center can block him without help make MAN-IT CALL and pull - read the QUAD BLOCK and "skin" to 2nd level looking inside (linebacker) - OUT (To support). If #1 is a down lineman - DRIVE TECHNIQUE - Block a point between his sternum and outside number.

CALLS TO BE ALERT FOR:

a) GAP - Your call - if #1 is a down lineman aligned inside eye or shoulder and you feel the center would have difficulty in cutting him off. Zone with the center - Step with inside or near foot as if to block his near number - work level 1 to level 2 for middle to backside linebacker.

b) MAN-IT CALL - Your call - Pull - Read the QUAD BLOCK (Tight End and Wing) and "skin" to 2nd level looking inside (linebacker) - out (to support).

ON T - MAN BLOCKING - #2 - Must read the alignment of the defender aligned on you - DRIVE TECHNIQUE - Block him all the way - NO HELP - If the defender is aligned in a 5 TECHNIQUE (outside eye or shoulder) - block a point between his sternum and outside breast. If a 4 TECHNIQUE (head up) step with playside foot - RIGHT TACKLE - RIGHT FOOT; LEFT TACKLE - LEFT FOOT; Step on little finger to block under the chin. If a 4-I TECHNIQUE (inside eye or shoulder) Step with near foot and block under the chin. NOTE: One of the keys on this play is your ability to maintain and sustain this block. Concentrate on hitting the proper landmark; whipping your arms; and using short, choppy steps to keep a base.

GOAL LINE AND SHORT YARDAGE RUNS

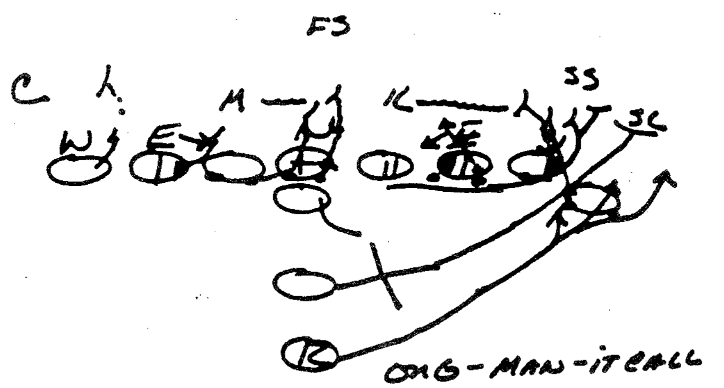
PLAY NO.

80-90 PINCH

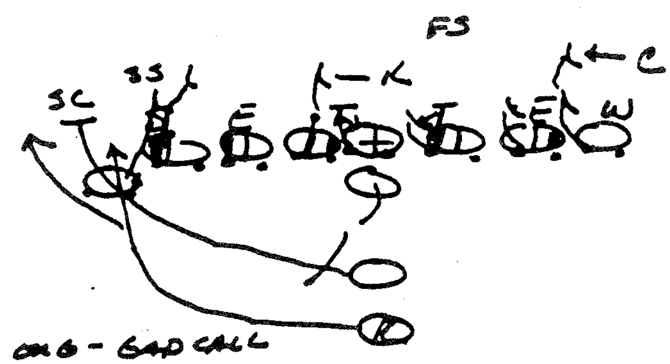
This play is designed to go outside the QUAD BLOCK between the onside TIGHT END and the TIGHT WING. The internal blocking is similar to 60-70 Blast. The KEYS on this play are: a) Movement by the Quad Block; b) onside tackle maintain and sustain his block; c) Fullbacks block on end man on LOS.

DEFENSIVE FRONTS - 1986

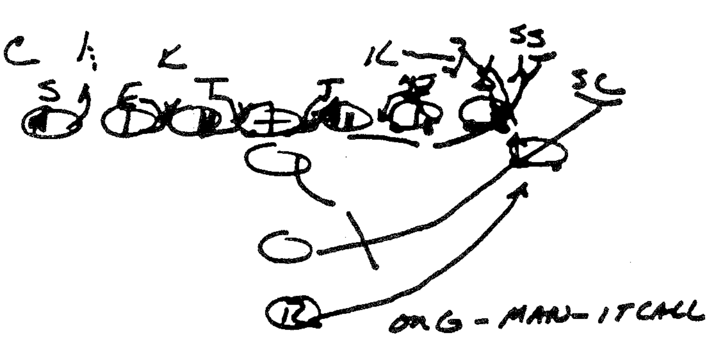
34 (ENDS PINCH)



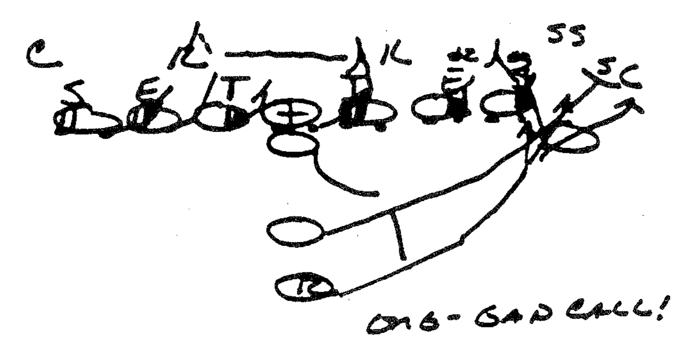
6-2 (TACKLES PINCH)



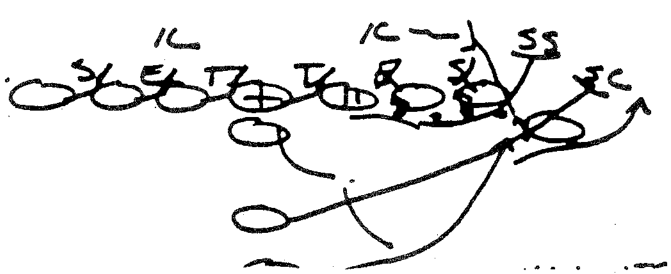
SUB 6-2 (TACKLES AND ENDS PINCH)



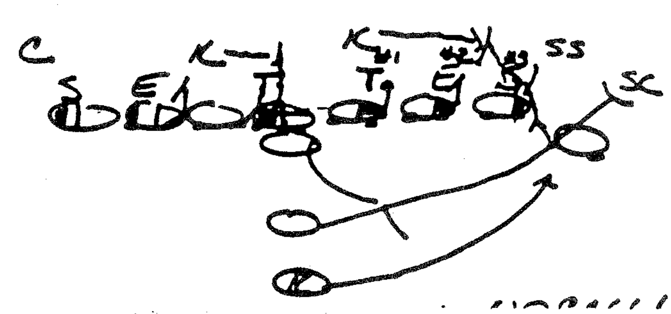
SUB 6-2



SUB 6-2 (GAP)



SUB 6-2 (OVER)



GOALLINE AND SHORT YARDAGE

PLAY NO.

60-70 CHIP

"Y" - Man Blocking #3

Onside	Offside
Drive Block same as 40 Gut	Same as 40 Gut Cut Off

"X" - Man Blocking #3

Onside	Offside
Same as 40 Gut	Same as 40 Gut Cut Off

"Z" - Man Blocking #4

Onside

Drive Block #4

"QB" - Open away from hole (reverse pivot) and get ball deep to the back; continue to roll to playside after handoff.

"H" - Read the block of "Y" or unit end just like a ball carrier. Make cut on Y's block and drive block first defender to show.

"R" - 40/50 Gut backfield action and follow lead blocker. Get shoulders square to LOS and be prepared to be your own blocker.

1) "4 CALL" - HEAD UP - Step with playside foot - RIGHT TACKLE - RIGHT FOOT; LEFT TACKLE - LEFT FOOT; Step on little finger to block under chin. As movement begins find onside linebacker and work to level 2.

2) "4-1 CALL" - INSIDE EYE OR SHOULDER - Step with near foot (inside foot) - drive on near number - As **movement** begins find onside linebacker and work to level 2.

OFF G - MAN BLOCKING - #1 - (PLAYSIDE GAP TECHNIQUE) If #1 is a linebacker - ZONE STEP - Step with playside foot for a point inside nose/tackle's near hip. Read his charge or reaction. If #2 is a down lineman, read his alignment to cut off using either a scramble or scramble-squeeze technique. If defender is aligned inside-eye or in gap (1 or 1 GAP TECHNIQUE) - Dip under his pads and scramble his playside thigh - work to square your shoulders to goal-line.

OFF T - MAN BLOCKING - #2 - (PLAYSIDE GAP TECHNIQUE) If #2 is a down lineman, read his alignment to cut off using either a scramble or scramble-squeeze technique. If #2 is a linebacker - dip your backside shoulder and hip and explode to 2nd level to chop playside knee of linebacker. If linebacker scrapes where you can't block him, look for backside pursuit from corner or strong safety.

GOAL LINE AND SHORT YARDAGE RUNS

PLAY NO.

60-70 CHIP

RULES - TECHNIQUES - COACHING POINTS:

C - MAN BLOCKING - Over - (PLAYSIDE GAP TECHNIQUE) If defender is shaded play side - dip under his pads and scramble his playside thigh - work to square your shoulder to goal line.

CALLS TO BE ALERT FOR:

a) GAP -1 or NAME CALL - Cut off the defender aligned in 1 Gap playside.

b) GAP - Cutoff the defender aligned on the guard - dip under his pads - Get your head by (STOP PENETRATION) - work to square shoulders to goal line.

c) ORANGE or YELLOW - Your call - if uncovered - make color call to alert offensive line which side "0" is for counting and rule interpretation - ORANGE - TO RIGHT; YELLOW - TO LEFT.

ON G - MAN BLOCKING - #1 - (DRIVE TECHNIQUE - Block a point between his sternum and outside number)

CALLS TO BE ALERT FOR:

a) GAP-1 OR NAME CALL - Your call - ZONE STEP - Step with near foot - Explode to 2nd level to block linebacker's outside number - If linebacker flows or scrapes outside the guard-tackle gap (3 GAP) - Turn and look for backside linebacker.

b) 4 or 4-1 CALL - This is a call to alert you that the defensive end is in a SLANT POSITION - Be alert to use SLIP SCHEME - which is a POWER ZONE SCHEME between you and onside tackle.

ON T - MAN BLOCKING - #2 - (DRIVE TECHNIQUE - Block a point between his sternum and outside number). This landmark is tighter than on 60-70 Outside - where it was outside breast to armpit. Step with near foot - drive the "nose" of your helmet on proper landmark - work to get square while getting movement off LOS. If #2 is a LBer, ZONE STEP - step with playside foot for a point inside the hip of the defender aligned on Tight End. Read his charge or reaction.

CALLS TO BE ALERT FOR:

a) ORANGE OR YELLOW - Center is alerting you in your rule interpretation that #2 is always the defender aligned on or outside of you.

b) 4 or 4-1 CALL - SLIP BLOCKING SCHEME - Slip blocking is a POWER ZONE SCHEME between onside guard and tackle - movement on level 1 defender to level 2.

GOAL LINE AND SHORT YARDAGE RUNS

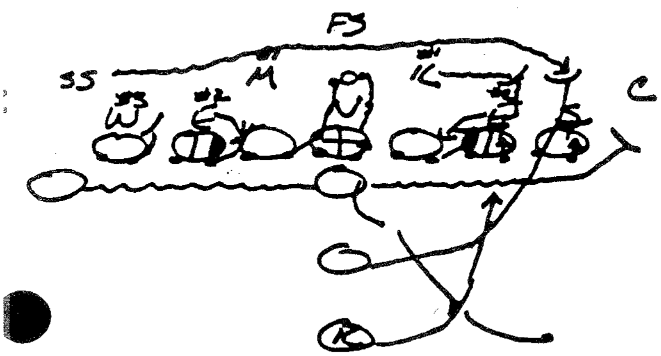
PLAY NO.

60-70 CHIP

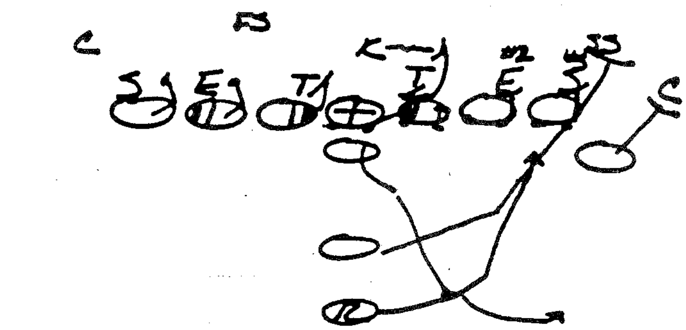
This is an off-tackle play using man blocking with POWER ZONE principles built into the blocking scheme. This play is designed for the ball carrier to run off the onside tight end's block. The lead back must read the intentions of onside linebacker to support. It is important that lead back read the Tight End's block in order to determine whether to "CHIP" on level 1 or level 2.

DEFENSIVE FRONTS - 1986

34 (END'S PINCH)

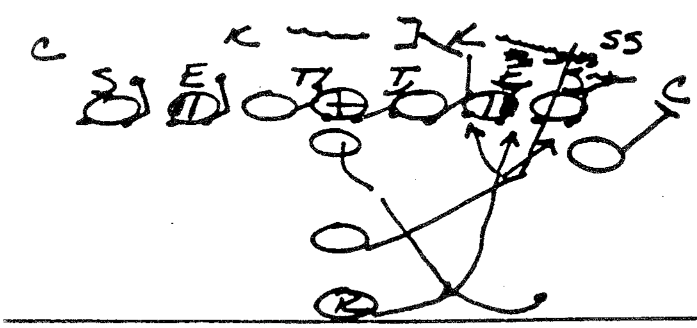


6-1 (TACKLE PINCH)

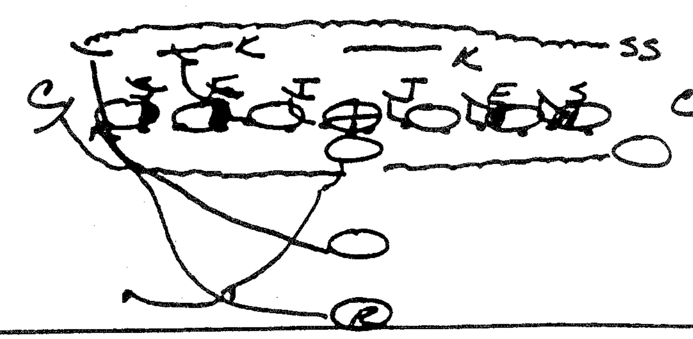


SUB 6-2 (STRONG CORNER)

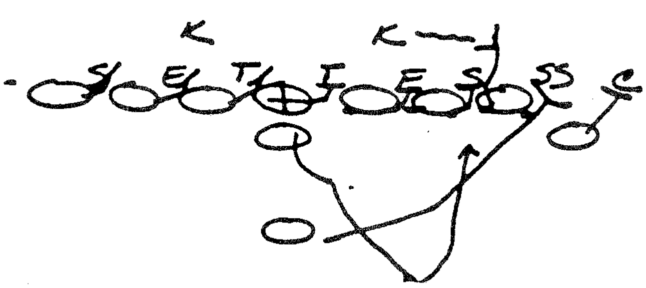
CENTER - ORANGE CALL!



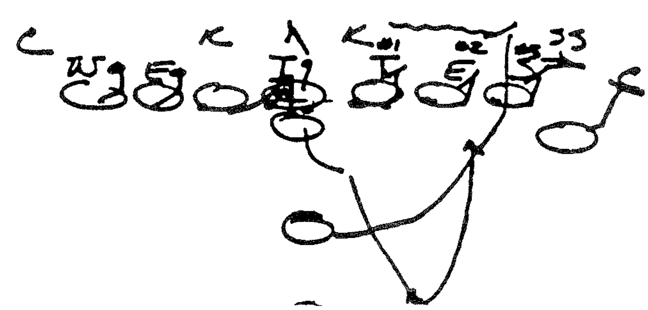
SUB 6-2 (PINCH - STRONG CORNER)



SUB 6-2 (GAP)



6-2 (OVER)



GOALLINE AND SHORT YARDAGE

PLAY NO.

60-70 BLAST

"Y" - Man Blocking #3

Onside	Offside
Drive Block #3	Cut off #3 Color call C block or block playside gap!

"X" - Man Blocking #3

Onside	Offside
Drive Block #3	Cut off #3 Color Call - C Block or Block Playside Number

"Z" - Cut Off or Sift #4

Always away from call. Color Call - Block playside gap!

"QB" - Open away from hole (reverse pivot) get ball to back as deep as possible, continue to roll to playside.

"H" - Drive straight at first defender outside of "Y" or unit end. Block man square under the chin and drive him to his back. Be prepared for inside move by the defender you are blocking.

"R" - 60/70 Chip backfield action and follow the lead back's block; read the block, make your cut and score.

b) 4 or 4-I CALL - SLIP BLOCKING SCHEME - Slip blocking is a POWER ZONE SCHEME between onside guard and tackle - movement on level 1 defender to level 2.

c) MAN-IT CALL - Block #2 all the way - must read the alignment of the defender aligned on you. DRIVE TECHNIQUE. If defender aligned in a 5 TECHNIQUE (outside eye or shoulder) - Block a point between his sternum and outside breast. If a 4 TECHNIQUE (head up) Step with playside foot - RIGHT TACKLE - RIGHT FOOT; LEFT TACKLE - LEFT FOOT; Step on little finger to block under the chin. If a 4-I TECHNIQUE (Inside eye or shoulder) step with near foot and block under the chin.

OFF G - MAN BLOCKING - #1 - (PLAYSIDE GAP TECHNIQUE) If #1 is a LBer - ZONE STEP - Step with playside foot for a point inside nose/tackle's near hip. Read his charge or reaction. If #1 is a down lineman, read his alignment to cut off using either a scramble or scramble-squeeze technique. If defender is aligned inside - eye or shoulder or in 1 Gap (1 or 1 GAP TECHNIQUE) - Dip under his pads and scramble his playside thigh - work to square your shoulders to goal line.

OFF T - MAN BLOCKING - #2 - (PLAYSIDE GAP TECHNIQUE) If #2 is a down lineman, read his alignment to cut off using either a scramble or scramble-squeeze technique. If #2 is a linebacker - dip your backside shoulder and hip and explode to 2nd level to chop playside knee of linebacker. If linebacker scrapes where you can't block him, look for backside pursuit from corner or strong safety.

CALLS TO BE ALERT FOR:

a) "C" CALL - Your call - when #2 is a linebacker. NOTE: In some short yardage and goal line defenses there will be a 1 or 1 GAP TECHNIQUE aligned inside the guard with a linebacker aligned inside of you with a down lineman aligned on your outside eye or shoulder. Interpret the linebacker as #2.

GOAL LINE AND SHORT YARDAGE RUNS

PLAY NO.

60-70 BLAST

RULES - TECHNIQUES - COACHING POINTS:

C - MAN BLOCKING - Over - (PLAYSIDE GAP TECHNIQUE) If defender is shaded playside - dip under his pads and drive on this playside thigh - work to square your shoulders to goal line.

CALLS TO BE ALERT FOR:

a) GAP - Cut off the defender aligned on the guard - dip under his pads - get your head by (STOP PENETRATION) - work to square shoulders to goal line.

b) MAN-IT - cut off the defender aligned in 1 gap playside - you have NO HELP - the guard is pulling for the onside linebacker.

c) ORANGE or YELLOW - Your call - if uncovered - make color call to alert offensive line which side "0" is for counting and rule interpretation - ORANGE - TO RIGHT; YELLOW - TO LEFT.

ON G - MAN BLOCKING - #1 - If #1 is a linebacker you may pull to block the linebacker - Read the alignment on the 1 Technique. If you feel the center can block him without help make a MAN-IT CALL and pull and block the onside linebacker - Read tight end's block for access path to 2nd level. If #1 is a down lineman - DRIVE TECHNIQUE - Block a point between his sternum and outside number.

CALLS TO BE ALERT FOR:

a) GAP - your call - If #1 is a down lineman aligned inside eye or shoulder and center is covered by a linebacker - Zone with center - Step with inside or near foot - work level 1 to level 2 for middle linebacker.

b) 4 or 4-I CALL - This is a call to alert you that the defensive end is in a SLANT POSITION - Be alert to use SLIP SCHEME - which is a POWER ZONE SCHEME between you and onside tackle.

c) MAN-IT CALL - Your call - Pull and block the onside linebacker - Read tight end's block for access path to 2nd level.

ON T - MAN BLOCKING - #2 - (DRIVE TECHNIQUE - Block a point between his sternum and outside number.) This landmark is tighter than on 60-70 Outside, where it was outside breast to armpit. Step with near foot - drive the "nose" of your helmet on proper landmark - work to get square getting movement off LOS. If #2 is a LBer, ZONE STEP - Step with playside foot for a point inside the hip of the defender aligned on Tight End. Read his charge or reaction.

CALLS TO BE ALERT FOR:

a) ORANGE or YELLOW - Center is alerting you in your rule interpretation that #2 is always the defender aligned on or outside of you.

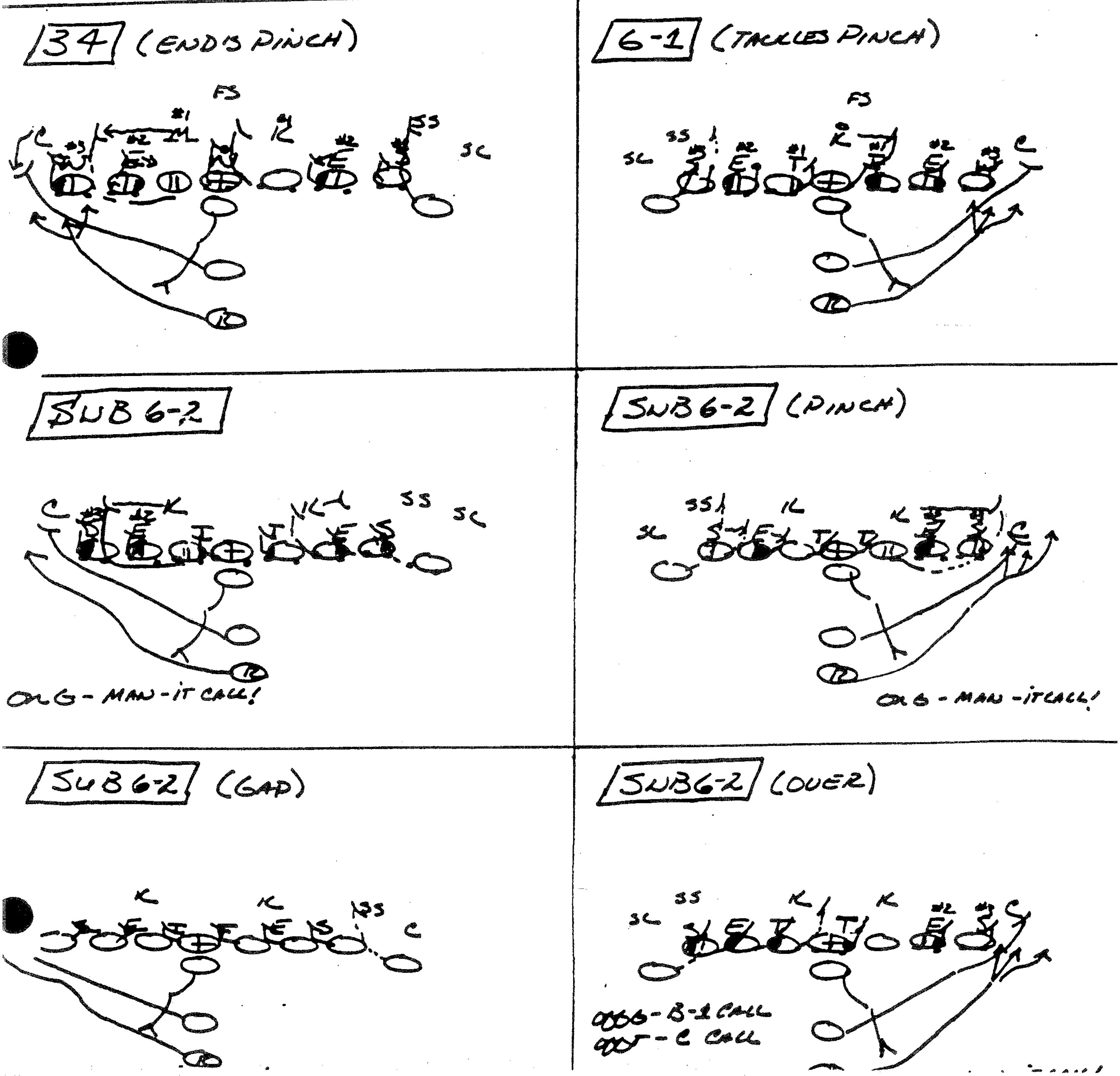
GOAL LINE AND SHORT YARDAGE RUNS

PLAY NO.

60-70 BLAST

This play is the companion play to 60-70 CHIP and will basically be run away from formation strength. We will use a POWER ZONE BLOCKING scheme rather than a full zone scheme because it is a short yardage and goal line type play. We have added a MAN-IT CALL to the blocking scheme allowing the onside guard to pull and block the onside linebacker. MAN-IT CALL means man-on-man blocking for the onside tackle and tight end.

DEFENSIVE FRONTS - 1986



GOALLINE AND SHORT YARDAGE

PLAY NO.

60-70 Outside

		Onside	Offside
"Y"	-	Man Blocking #3 Tighten landmarks	Cut off #3
"X"	-	Man Blocking #3 Tighten landmarks	Cut off #3

"Z" - Man Blocking #4

"QB" - Open away from hole (reverse pivot) and get ball to back as deep as possible;continue to CH 60/70 pass set.

"H" - Block 1st man on or off LOS outside the TE or WING; take a path to block the most dangerous path by the defender.

"R" - Tighten your landmark to go with tighter splits by defensive line. Read "Y's" block for run read.

PLAY NO.

60-70 OUTSIDE

OFF T - MAN BLOCKING - #2 - (PLAYSIDE GAP TECHNIQUE) If #2 is a down lineman, read his alignment to cutoff using either a scramble or a scramble - squeeze technique.
NOTE: Certain goalline or short yardage defenses will align with a 1 TECHNIQUE on the guard with a LBer inside of you and a 5 TECHNIQUE on your outside eye or shoulder. Make a "C CALL" to your TIGHT END - Take an inside release (dip your backside shoulder and hip) to block the linebacker - Try and CHOP his playside leg from under him.

GOALLINE AND SHORT YARDAGE RUNS

PLAY NO.

60 - 70 OUTSIDE

RULES - TECHNIQUES - COACHING POINTS:

C - MAN BLOCKING - OVER(PLAYSIDE GAP TECHNIQUE) - same as 60 - 70 Outside.

CALLS TO BE ALERT FOR:

A) GAP-1 or NAME CALL - Cutoff the defender aligned in 1 GAP playside.

B) GAP - SAME AS ANY GAP CALL - Cutoff the defender aligned on the guard.

C) ORANGE or YELLOW - Your call - Call to alert offensive line which side "0" is for counting and rule interpretation.

ON G - MAN BLOCKING - #1 - (DRIVE TECHNIQUE - Outside number or breast.) Same as 60 - 70 Outside!

CALLS TO BE ALERT FOR:

A) GAP-1 or NAME CALL - Your call - Zone step - step with near foot - explode to 2nd level to block linebacker's outside number.

B) SLIP - FULL ZONE BLOCKING SCHEME - This is an alert to block the defender aligned on your side tackle!

ON T - MAN BLOCKING #2 - (DRIVE TECHNIQUE - Outside number or breast.) Same as 60-70 Outside!

CALLS TO BE ALERT FOR:

A) ORANGE or YELLOW - Center is alerting you in your rule interpretation that #2 is always the defender aligned on or outside of you.

B) SLIP - Your call - FULL ZONE BLOCKING SCHEME!

C) SCOOP - This is an alert to block the defender aligned on "Y" or "H"!

NOTE: If the guard is covered by a down lineman and you are covered by a down lineman, be alert for defender to ROCK INSIDE on you in this critical situation. Tighten down your landmark and be aware that he may try to play underneath your block!

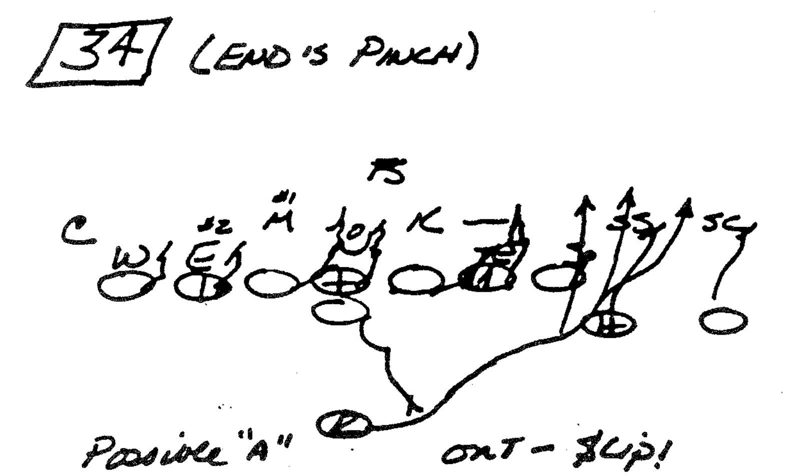
GOALLINE AND SHORT YARDAGE RUNS

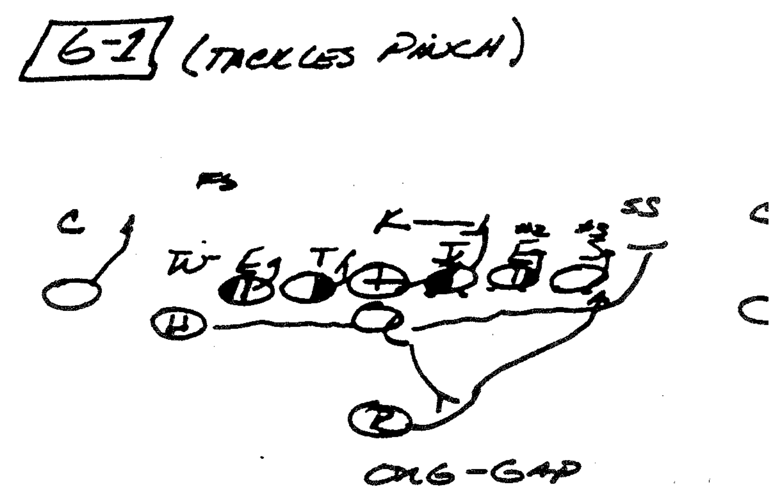
PLAY NO.

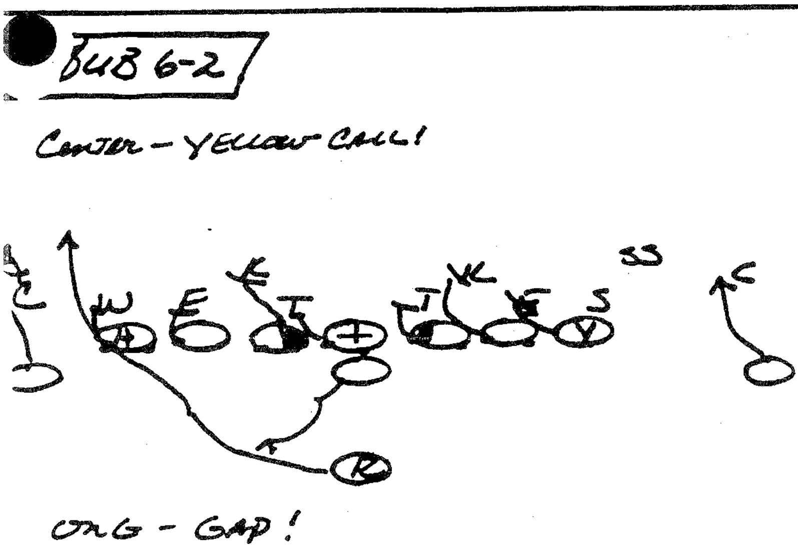
60 - 70 OUTSIDE

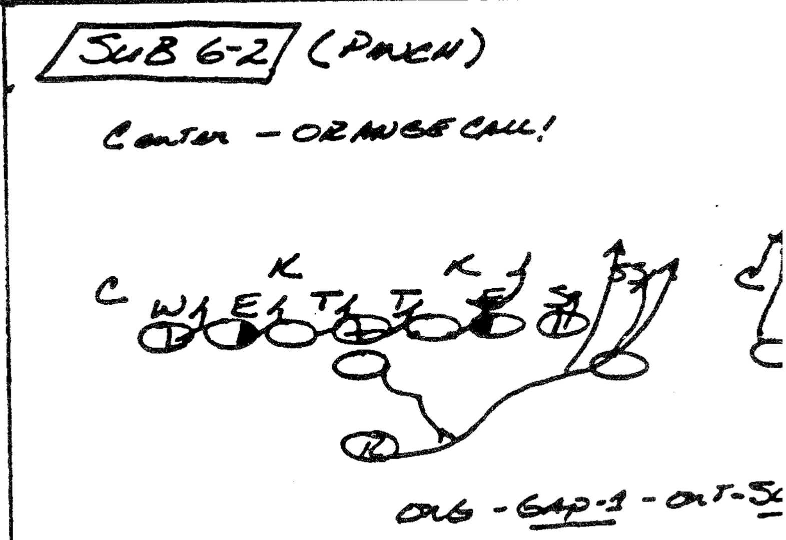
Our "R-BACK" will initially stretch the defense to the outside while option running off our tight end's block - Same description as listed under normal formations.

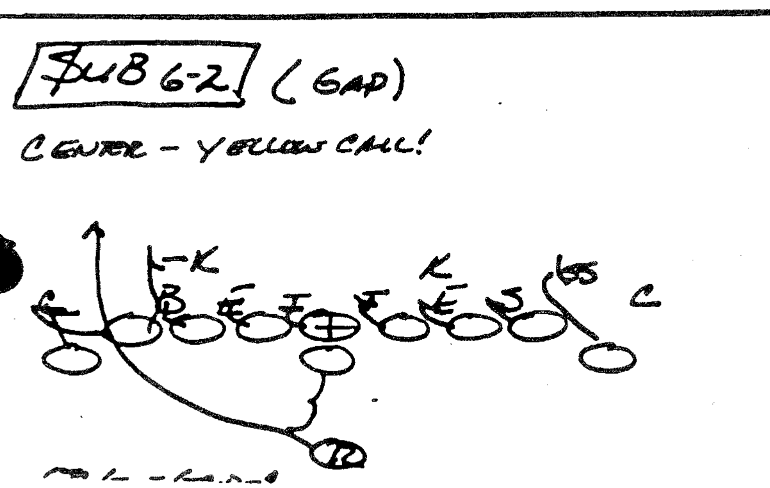
DEFENSIVE FRONTS - 1986

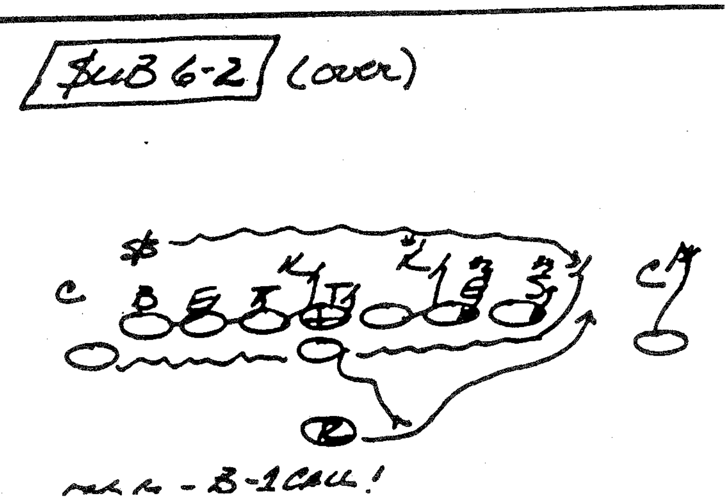












GOALLINE AND SHORT YARDAGE

PLAY NO.

40-50 GUT-LEAD

"Y" - Same as 40-50 Gut

"X" - Same as 40-50 Gut

"Z" - Same as 40-50 Gut

"QB" - Reverse pivot get ball deep to block, continue to roll to call (PP 60 Chip action).

"G" - Lead blocker for "R". Read the block of the onside tackle just as if you were running 40-50 Gut. As you lead thru hole for first defender to show at linebacker depth, be prepared to "chip" defender being blocked by OT.

"R" - Run 40-50 Gut and read the block of the onside tackle.

OFF T - MAN BLOCKING - #2 - (PLAYSIDE GAP TECHNIQUE). If #2 is a down lineman, read his alignment to cut off using a scramble or scramble-squeeze technique. NOTE: Certain goalline or short yardage defenses will align with a 1 technique on the guard with a linebacker <u>inside</u> of you and a 5 technique on your outside shoulder. Make a "C-CALL" to your tight end - take an inside release (dip your backside shoulder and hip) to block the line-backer - try and <u>chop</u> his playside leg from under him.

GOALLINE AND SHORT YARDAGE

PLAY NO.

40-50 GUT LEAD

RULES - TECHNIQUES - COACHING POINTS:

C - MAN BLOCKING - over (PLAYSIDE GAP TECHNIQUE) - same as 40-50 Gut.

CALLS TO BE ALERT FOR:

a. GAP-1 or NAME CALL - Cut off the defender aligned in 2 gap playside.

b. GAP - Same as any GAP CALL - cut off defender aligned on the guard.

c. ORANGE OR YELLOW - Your call - call to alert offensive line which side "O" is for counting and rule interpretation.

ON G - MAN BLOCKING - #1 - (Drive Technique - block a point between his sternum and outside number).

CALLS TO BE ALERT FOR:

a. GAP -1 or NAME CALL - Your call - ZONE STEP - step with near foot - Explode to 2nd level to block linebacker's outside number.

b. 4 or 4-I CALL - SLIP BLOCKING SCHEME - POWER ZONE with onside tackle.

ON T - MAN BLOCKING - #2 - (DRIVE TECHNIQUE - block a point between his sternum and outside number).

CALLS TO BE ALERT FOR:

a. ORANGE OR YELLOW - #2 is always the defender aligned on or outside of you.

b. 4 or 4-I CALL - Your call - SLIP BLOCKING SCHEME - POWER ZONE with onside guard.

OFF G - MAN BLOCKING - #1 - (PLAYSIDE GAP TECHNIQUE). If #1 is a linebacker - zone step - step with playside foot for a point inside nose/teackle's near hip - read his charge or reaction. If #2 is a down lineman, read his alignment to cut off using either a scramble or scramble-squeeze technique. If defender is aligned inside--eye or in gap (1 or 1 GAP TECHNIQUE) - dip under his pads and scramble his playside thigh - work to square your shoulders to the goalline.

GOALLINE AND SHORT YARDAGE

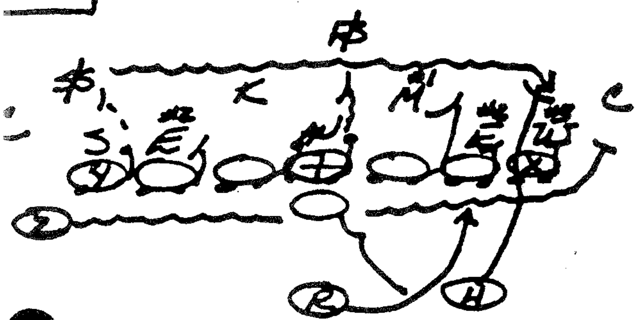
PLAY NO.

40-50 GUT LEAD

Change up blocking scheme for 40-50 Gut giving us an extra blocker at the point of attack! "H-BACK" will read the onside tackle's block to find an access path to 2nd level -- "Chip-Off" on any defender from level 1 to level 2. "R-BACK" will execute just like 40-50 Gut!

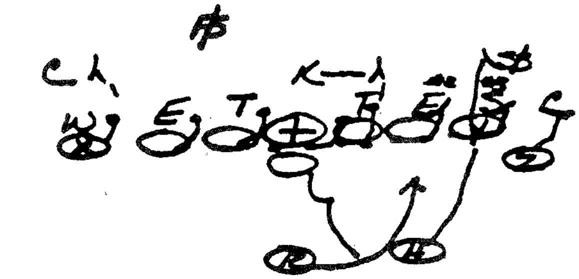
DEFENSIVE FRONTS - 1986

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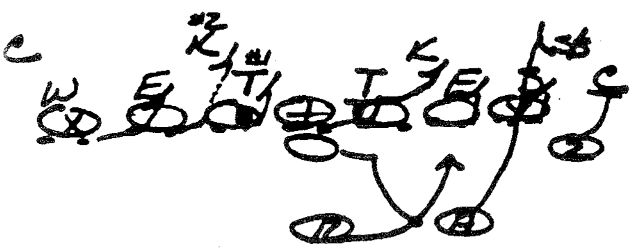
OG-OT - POSSIBLE SLIP! (POWER ZONE)

6-1



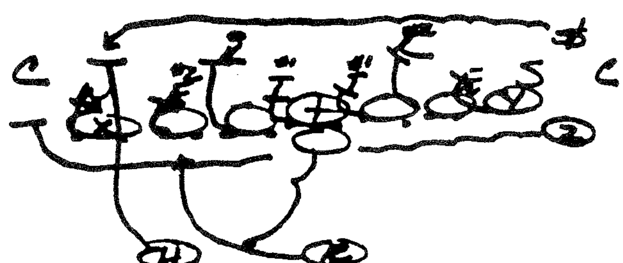
C-OG - GAP!

SUB 6-2 - ORANGE CALL!



C-OG- GAP!

SUB 6-2 - TACKLES IN 1 GAP (YELLOW CALL)

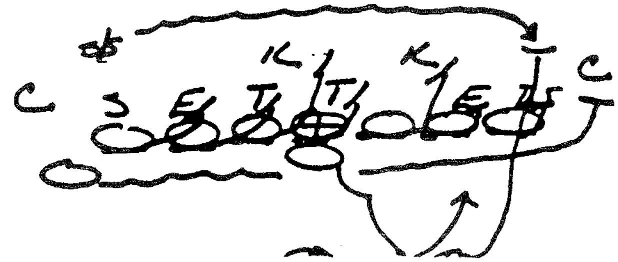


C-OG - 1 GAP CALL!

SUB 6-2 (GAP)



SUB 6-2 (OVER)



GOALLINE AND SHORT YARDAGE

PLAY NO.

40-50 GUT

"Y" - Onside
Man Blocking #3
Tighten landmarks

Offside
Cut off #3

"X" - Onside
Man Blocking #3
Tighten landmarks

Offside
Cut off #3

"Z" - Man Blocking #4

"QB" - Open away from hole, (reverse pivot) and get ball to back as deep as possible; continue Charlie 40/50 pass set.

"H" - Block 1st man on or off LOS outside the TE or WING; take a path to block the most dangerous path by the defender.

"R" - Tighten your landmark to go with tighter splits of offensive line. Get shoulders square to LOS and be prepared to "push the pile".

OFF T - MAN BLOCKING - #2 - (PLAYSIDE GAP TECHNIQUE) If #2 is a down lineman, read his alignment to cut off using either a scramble or scramble-squeeze technique. NOTE: Certain goal line or short yardage defenses will align with a 1 technique on the guard with a LBer inside of you and a 5 technique on your outside shoulder. Make a "C-CALL" to your tight end - Take an inside release (dip your backside shoulder and hip) to block the linebacker - try and chop his playside leg from under him.

GOAL LINE AND SHORT YARDAGE RUNS

PLAY NO.

40-50 Gut

RULES - TECHNIQUES - COACHING POINTS

C - MAN BLOCKING - Over (PLAYSIDE GAP TECHNIQUE) - Same as 40-50 Gut.

CALLS TO BE ALERT FOR:

a) GAP-1 OR NAME CALL - Cutoff the defender aligned in 1 Gap playside.

b) GAP - Same as any GAP CALL - Cut off defender aligned on the guard.

c) ORANGE or YELLOW - Your call - Call to alert offensive line which side "0" is for counting and rule interpretation.

ON G - MAN BLOCKING - #1 - (DRIVE TECHNIQUE - Block a point between his sternum and outside number)

CALLS TO BE ALERT FOR:

a) GAP-1 OR NAME CALL - Your call - ZONE STEP - Step with near foot - explode to 2nd level to block linebacker's outside number.

b) 4 or 4-1 CALL - SLIP BLOCKING SCHEME - POWER ZONE with onside tackle.

ON T - MAN BLOCKING - #2 - (DRIVE TECHNIQUE - Block a point between his sternum and outside number.

CALLS TO BE ALERT FOR:

a) ORANGE OR YELLOW - #2 is always the defender aligned on or outside of you.

b) 4 or 4-1 CALL - Your call - SLIP BLOCKING SCHEME - POWER ZONE with onside guard.

OFF G - MAN BLOCKING - #1 - (PLAYSIDE GAP TECHNIQUE) If #1 is a LBer - ZONE STEP - step with playside foot for a point inside nose/tackle's near hip - Read his charge or reaction. If #1 is a down lineman, read his alignment to cut off using either a scramble or scramble-squeeze technique. If defender is aligned inside-eye or in the gap (1 or 1 GAP TECHNIQUE) - Dip under his pads and scramble his playside thigh - work to square your shoulders to goal line.

GOAL LINE AND SHORT YARDAGE RUNS

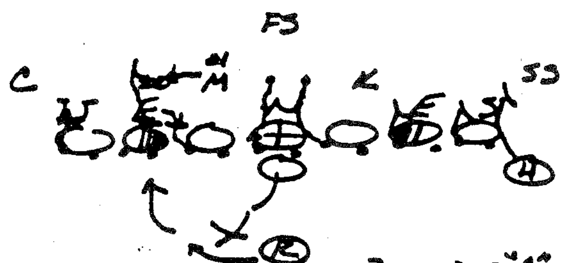
PLAY NO.

40-50 Gut

This is our CALLED DIVE and one of the "bread and butter" plays in our offense. Our offensive line must create a NEW LINE OF SCRIMMAGE - MOVEMENT and our ball-carrier must know the situation faced with and pick up the necessary yardage - B.Y.O.B.

DEFENSIVE FRONTS - 1986

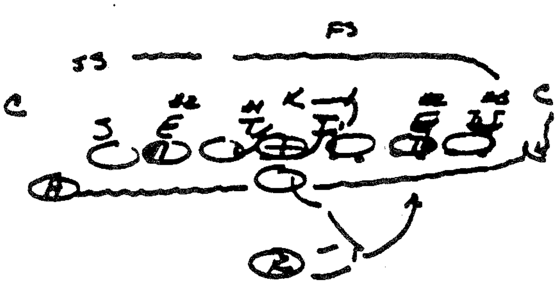
34 (ENDS PINCH)



ON T - 4 or 4-I CALL
Possible SLIP!

POSSIBLE "A"

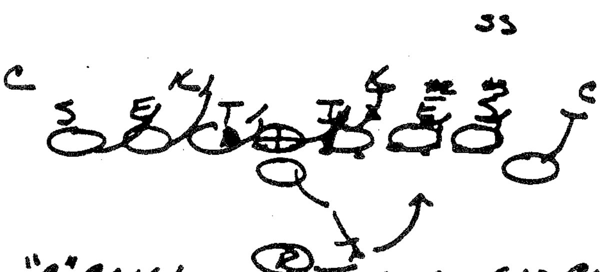
6-1 (TACKLES PINCH)



ORG - GAP!

SUB 6-2

Center - ORANGE CALL!

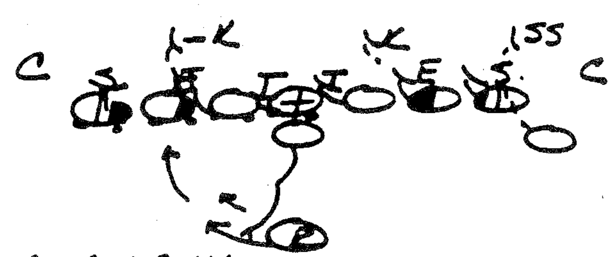


"C" CALL!

ORG - GAP CALL!

SUB 6-2 (PINCH)

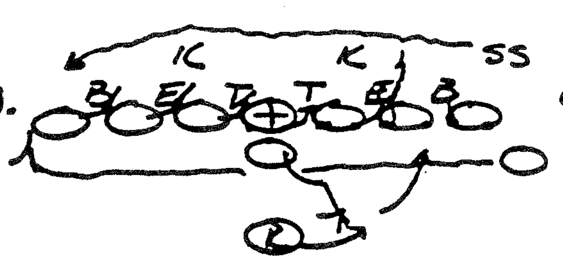
CENTER - YELLOW CALL!



ORG - GAP CALL!
ON T - 4-I CALL - BIG SLIP!

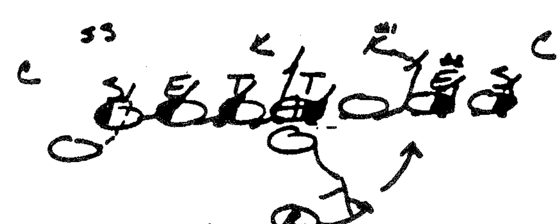
SUB 6-2 (GAP)

CENTER - ORANGE CALL!



ORG - GAP CALL!

SUB 6-2 (COVER)



ORG - 3-I CALL!

GOALLINE AND SHORT YARDAGE

PLAY NO.

20-30 REACH

"Y" - Man blocking #3
Blocked the same as out in the field.

"X" - Man Blocking #3
Blocked the same as out in the field.

"Z" - Man Blocking #4

Onside	Offside
Drive block #4	Cut off #4 Possible sift

"QB" - Open away from hole and get ball to back as deep as possible; continue as in boot action.

"H" - Cut off first defensive player outside of the tight end to your side.

"R" - Tighten your alignment and run 20/30 Reach - anticipate "Rebel" call.

PLAY NO.

20 - 30 REACH

CALLS TO BE ALERT FOR:

A) EVEN - (REBEL) - Onside guard's call - block #2 under the chin.

OFF G - Pull and block THE CALL - If "SHORTY" or a 4 or 4-1 is called - be alert to TRAP - get inside out position on the defender.

CALLS TO BE ALERT FOR:

A) ODD - (ACE) - Pull up thru the onside guard's box and block onside linebacker in the numbers. NOTE: ODD CALL- must always look at the tackle box as you are pulling to see if the defender on the tackle is slanting towards you. - if so, TRAP HIM! On the goalline or in the short yardage situation, be alert for the communication of a 4 or a 4-1 call from the onside tackle. People like to PINCH INSIDE on these situations.

B) EVEN - (FOLD) - FOLD TECHNIQUE - Step around the center's block - explode up through the hole to the second (2nd) level and block linebacker in the numbers.

C) EVEN - (SHORTY) - SHORT TRAP - 1 Technique to a 3 Technique.

D) EVEN - (REBEL) - Pull up through the onside guard's box - block onside linebacker if "Plugging" the hole to backside linebacker.

OFF T - MAN BLOCKING - #2 - #2 is always the defender aligned on you. - Read his alignment for proper technique.

GOALLINE AND SHORT YARDAGE RUNS

PLAY NO.

20 - 30 REACH

RULES - TECHNIQUES - COACHING POINTS

MUSTS: In order to determine who we will TRAP and the blocking scheme to be used, the CENTER will make the calls according to the alignment of the defensive front!

A) ODD CALL - Center will make an ODD CALL if he is covered by a down lineman.

B) EVEN CALL - Center will make an EVEN CALL if he is uncovered or covered by a linebacker!

C - OVER-BACKSIDE - (Over only refers to a down lineman in this rule).

CALLS TO BE ALERT FOR:

A) ODD - (ACE) - Your call - If covered by a down lineman and both guards covered by a linebacker.

B) ODD (OFF) - Offside guard's call - an alert to block backside.

C) EVEN - (FOLD) - Your call - make an EVEN - FOLD if covered by a linebacker or uncovered and SHORTY CALL is not made!

ON G - BLOCK FIRST INSIDE - on or off L.O.S.!

CALLS TO BE ALERT FOR:

A) ODD - (ACE) - Team block with center on the nose/tackle to backside linebacker.

B) ODD - (OFF) - This is an alert to you that you have the nose/tackle by yourself!

C) EVEN - (SHORTY) - Your call - if defender aligned on you is a 1 TECHNIQUE (Inside eye or shoulder) - make SHORTY CALL - influence the defender aligned on you and explode for middle to backside linebacker.

D) EVEN - (REBEL) - Your call - if defender aligned on you is in the 1 GAP - make REBEL CALL - block the defender under the chin using ANGLE DRIVE TECHNIQUE - MUST GET MOVEMENT!

ON T - MAN BLOCKING - #2 - #2 is always the defender aligned on or outside of you. Read his alignment for proper technique.

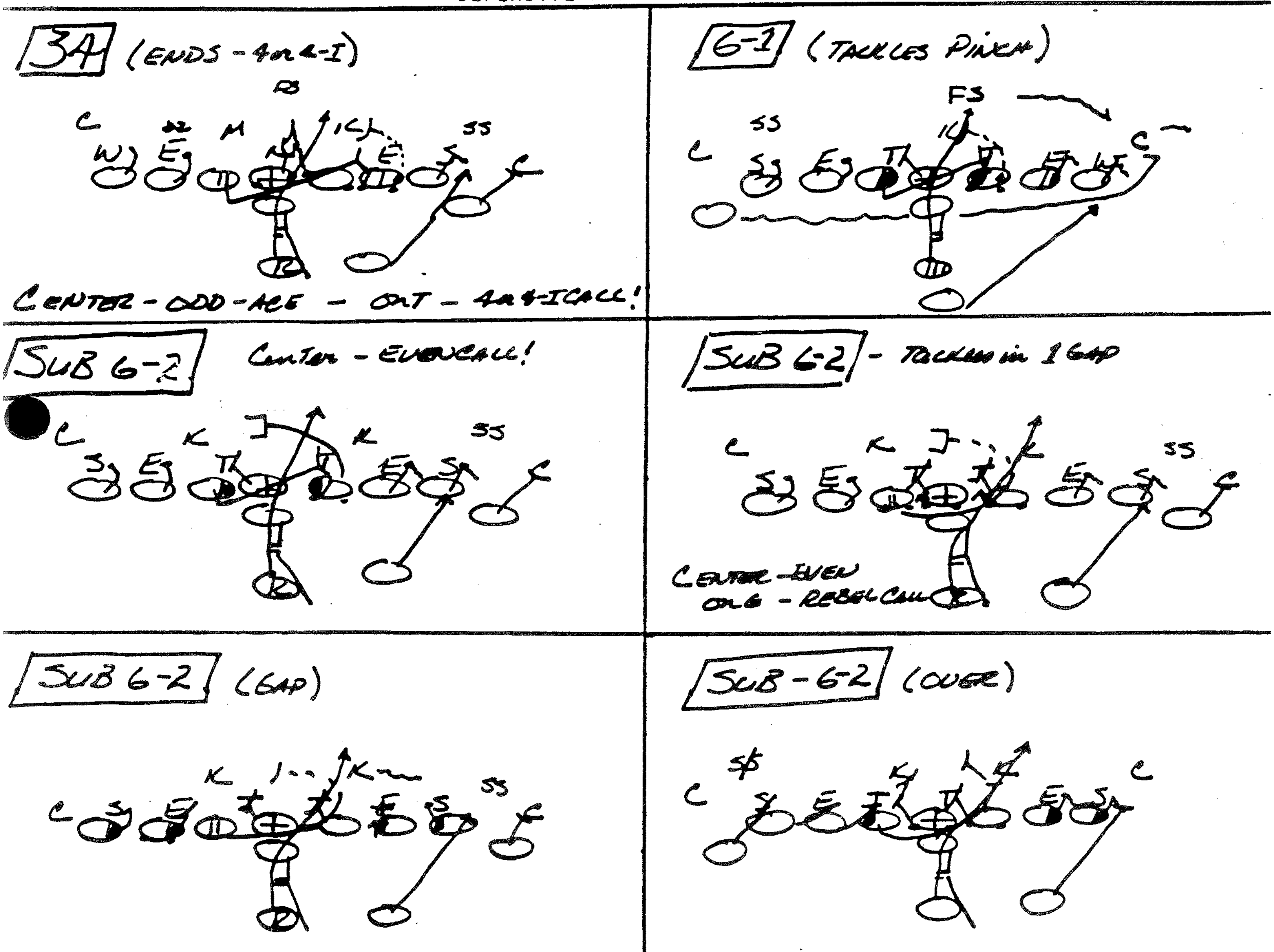
GOALLINE AND SHORT YARDAGE RUNS

PLAY NO.

20 - 30 REACH

This is a quick hitting dive play to our "R BACK" - same description as listed under normal formations. This play is designed to force the defensive 1 TECHNIQUES to stay at "HOME" and anchor the inside rather than slanting; looping; or pinching indiscriminately.

DEFENSIVE FRONTS - 1986



GOALLINE AND SHORT YARDAGE

PLAY NO.

10-11 WEDGE

"Y" - Take inside release to the hip of the offensive tackle. Block first defender to your inside on or off the LOS. If linebacker, drive on his inside number - drive him past the hole. If down lineman, cut him off by using good scramble technique. Be alert for sift.

"X" - Take inside release to the hip of the offensive tackle. Block first defender to your inside on or off the LOS. If linebacker, drive on his inside number - drive him past the hole. If down lineman, cut him off by using good scramble technique. Be alert for sift.

"Z" - Take inside release to the hip of the tight end. Block first defender to your inside on or off the LOS.

"QB" - Take a drop step with playside foot and drive in behind wedge block, power into end zone.

(Leap Frog) - take drop step with playside foot, and dive over top; behind wedge; turn shoulders and wrap ball with both arms.

"H" - Drive for inside leg of offensive tackle to your side (go to strongside from I formation) and turn out on first defensive player to show.

"R" - Drive for inside leg of offensive tackle to your side (weakside from I formation) and turn out on first defensive player to show.

GOALLINE AND SHORT YARDAGE

PLAY NO.

10-11 WEDGE

RULES - TECHNIQUES - COACHING POINTS:

NOTE: The APEX of the wedge is the first down lineman from the "nose" of the center to head up on the guard. GUARDS, TACKLES, and TIGHT ENDS - close your splits to 2 FEET or less.

C - Block first down lineman from head-up to 1 Gap playside. If defender aligned in a "0" TECHNIQUE -- block him under the chin. If aligned in the 1 Gap playside, block near number so as not to split the WILLY TECHNIQUE between you and the onside guard.

ON G - Block first down lineman from "nose" of the center to 3 Gap playside. If defender is nose-up on the center or in the 1 Gap playside -- block defenders near number -- step with inside foot! If defender is aligned in a 2 or 3 technique -- block under the chin - get under his pads and get MOVEMENT!

ON T - Take inside release to the point of the wedge. Block first defender to your inside on or off LOS. If linebacker, drive on his inside number -- drive him past the hole. If down lineman, cut him off by using good scramble technique!

ON G - Block first down lineman from "nose" of the center to head up backside. Use good scramble technique to cut off the backside.

OFF T- Take inside release to the point of the wedge. Block first defender to your inside on or off LOS. If linebacker, drive him past the hole. If down lineman, cut him off by using good scramble technique!

GOALLINE AND SHORT YARDAGE

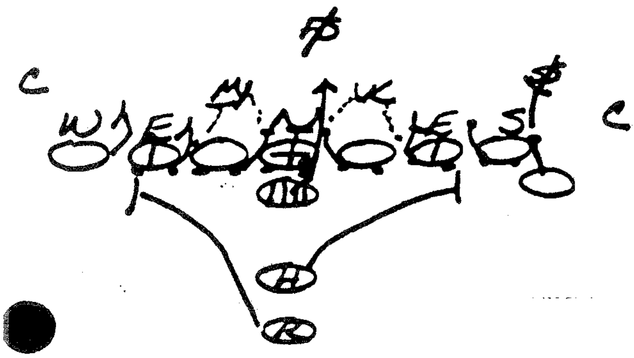
PLAY NO.

10-11 WEDGE

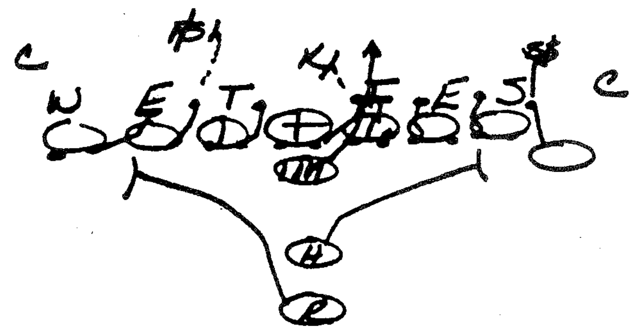
This is our QUARTERBACK SNEAK with a wedge blocking scheme. For this play to be successful, it is important that our FRONT 7 execute the "starting count" and create a new line of scrimmage.

DEFENSIVE FRONTS - 1986

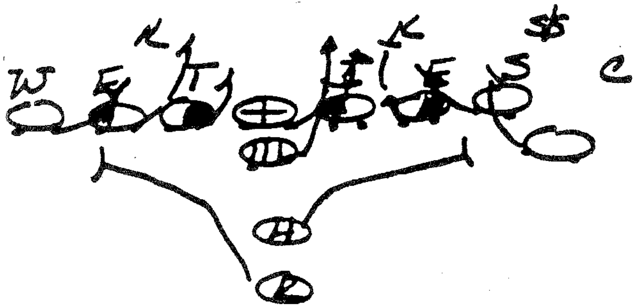
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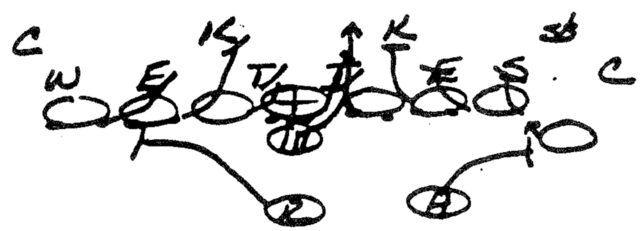
6-1



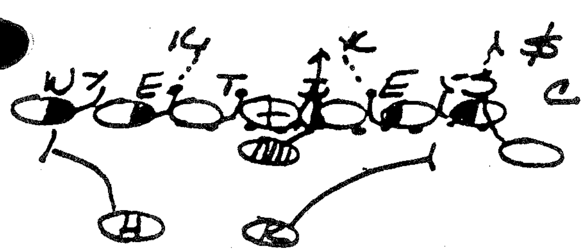
SUB 6-2



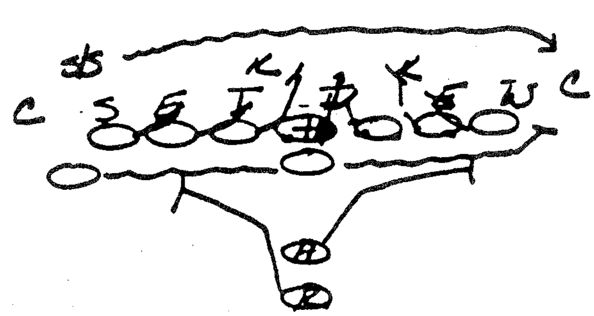
SUB 6-2 – Tackles in 1 Gap



SUB 6-2 (GAP)



SUB 6-2 (OVER)



D) <u>TYPES OF PLAYS TO BE USED:</u>

1. <u>BASE PLAYS:</u>

a. 20-30 Reach
b. 60-70 Chip
c. 60-70 Blast
d. 80-90 Pinch
e. Roll Pass type of Protection

2. <u>ALTERNATE PLAYS:</u>

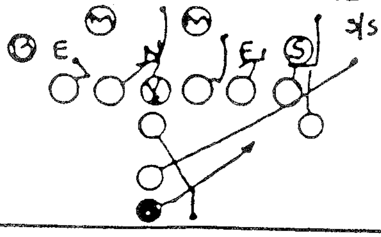
a. 40-50 Gut
b. 40-50 Gut Lead
c. 60-70 Outside
d. Play Pass 60 Chip
e. Run Pass Right or Left
f. Waggle Pass Right or Left

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(GOALLINE AND SHORT YARDAGE)

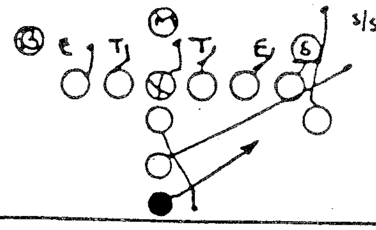
80/90 POWER

CALL: FOUR/ADD
READ
SCOOP
PULL SEAL
NOTE: BLKING BACK BLK SECONDARY FORCE
R BACK KEY MAN OVER TIGHT END



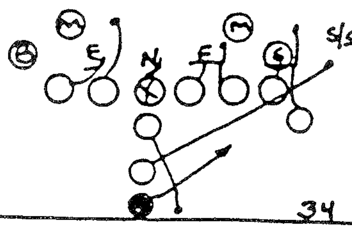
34

CALL: FOUR/ADD
RAY
CUTOFF



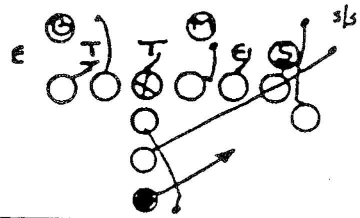
43

CALL: FOUR/ADD
DEUCE
SLIP



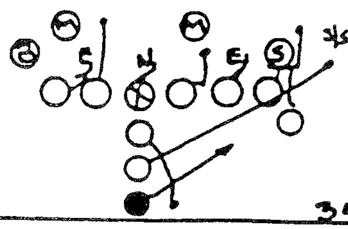
34 CHARGER

CALL: FOUR/ADD
READ
SLIP



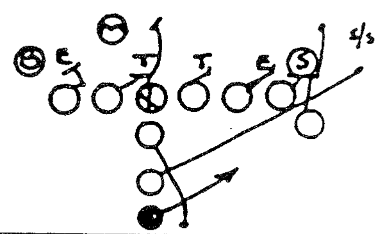
54

CALL: FOUR/ADD
READ
SLIP



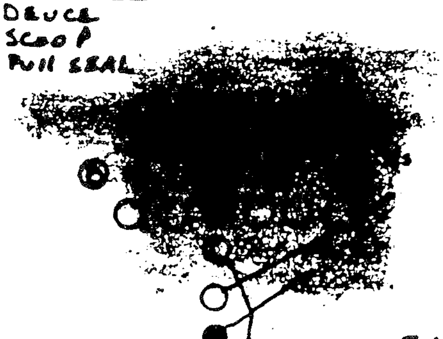
34 COLT

CALL: FOUR/ADD
BASE
SCOOP
PULL SEAL



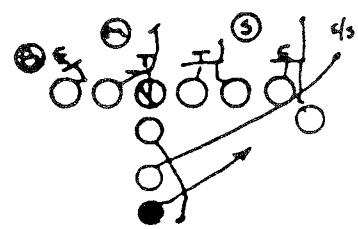
56

CALL: FOUR/ADD
DEUCE
SCOOP
PULL SEAL



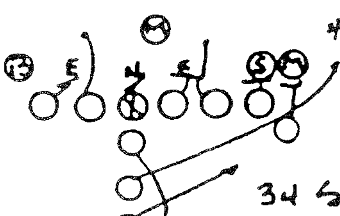
34 BOW

CALL: FOUR/ADD
DEUCE
SCOOP
PULL SEAL



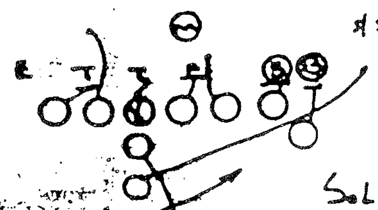
57

CALL: BASE
DEUCE/ADD
SLIP



34 SOLID DUBS

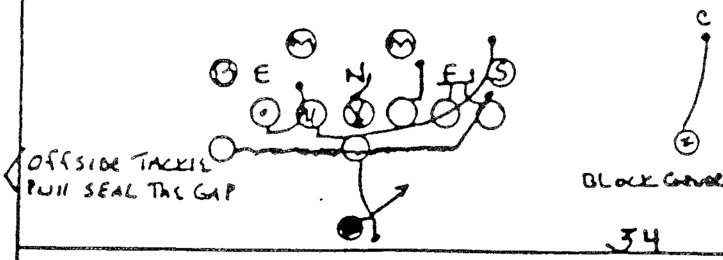
CALL: BASE
DEUCE/ADD
SLIP



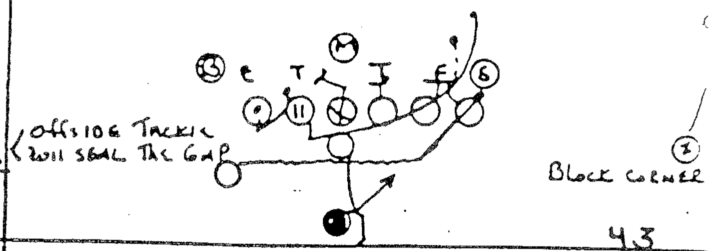
SOLID DUBS

60/70 POWER O

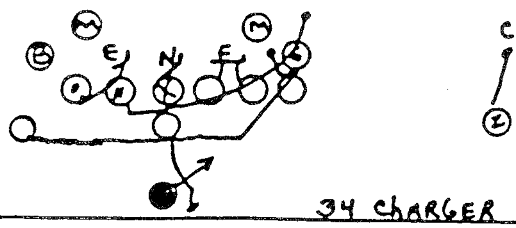
CALL: TREY
'O'
BLKING BACK TRAP MAN OVER TIGHT END
'O' GO PULL TIGHT TO LOS - TURN UP OFF DBL TEAM
OFF TACKLE PULL SEAL



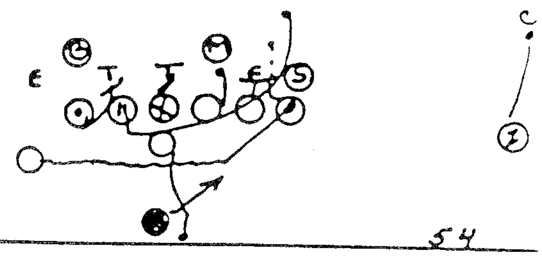
CALL: TREY
'O'
BLKING BACK TRAP MAN OVER TIGHT END
'O' GO PULL TIGHT TO LOS - TURN UP OFF DBL TEAM
OFF TACKLE PULL SEAL



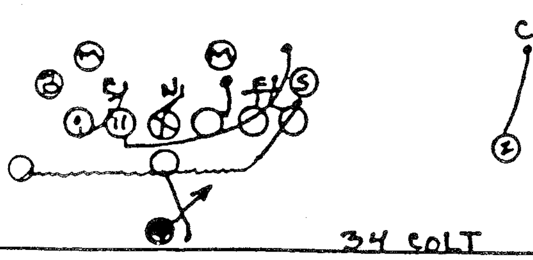
CALL: DUCE
TIGHT END BLOCK INSIDE WHEN VOID OVER TACKLE



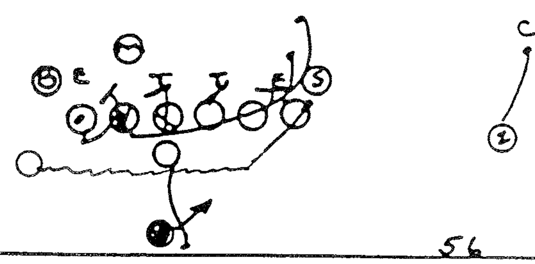
CALL: TREY



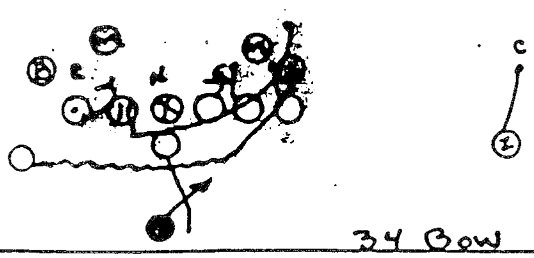
CALL: TREY



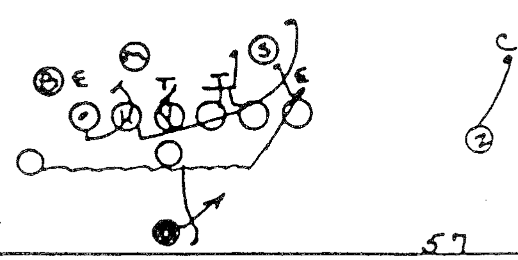
CALL: TREY



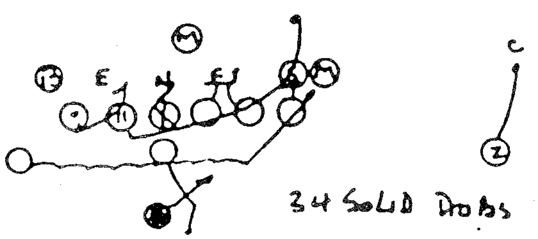
CALL: DUCE
TIGHT END BLK INSIDE WHEN VOID OVER TACKLE



CALL: DUCE
TIGHT END BLK INSIDE WHEN VOID OVER TACKLE

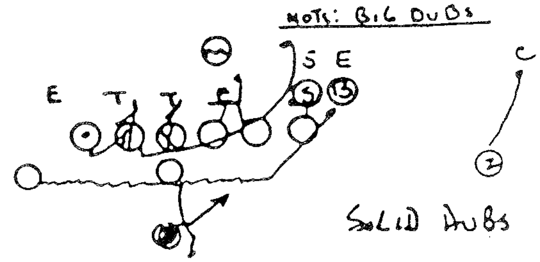


CALL: DUCE
* NOTE: TIGHT END BLK BACKER OVER VS. DUBS
BLKING BACK BLK OUTSIDE DUB BACKER



CALL: DUCE
* NOTE: TIGHT END BLOCK MAN OVER VS. ANY DUBS
BLKING BACK BLK OUTSIDE PORTION OF DUBS

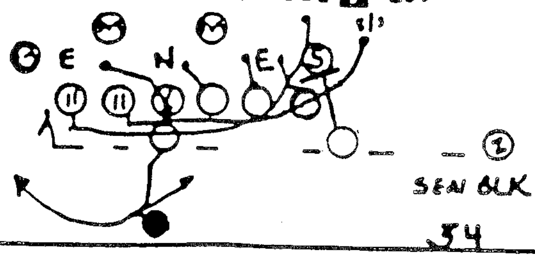
NOTE: BIG DUBS



60/70 CTR LOAD

CALL: TREY-GAP
LOAD

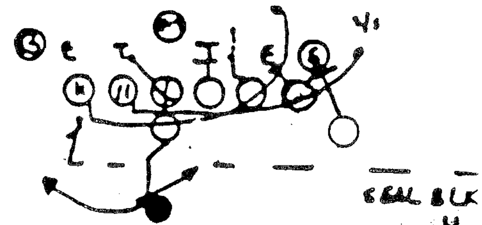
NOTE: PULLING GD BLK S/S ON 'LOAD' CALL.
SEAL BLOCKER RULE:
< VOID OVER GD BLK END MAN ON LOS
< GD COVERED BLK MAN OVER TACKLE ON LOS



34

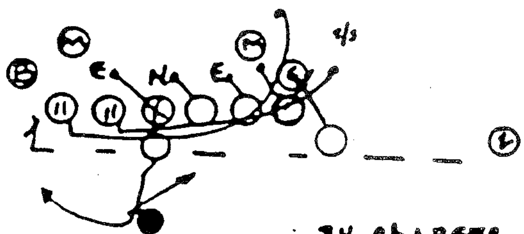
CALL: DUCE-GAP
LOAD

NOTE: PULLING GD BLK S/S ON 'LOAD' CALL
SEAL BLOCKER RULE:
< GD COVERED BLK MAN OVER TACKLE ON LOS
< VOID OVER GD BLK END MAN ON LOS



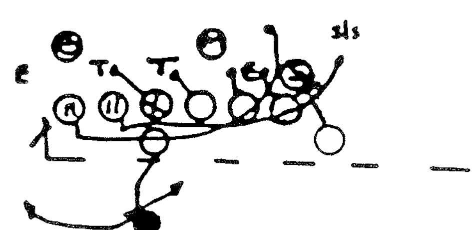
4

CALL: ANGLE
LOAD



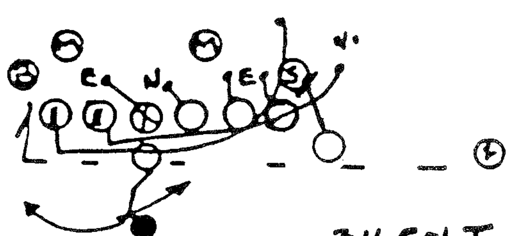
34 CHARGER

CALL: TREY-GAP
LOAD



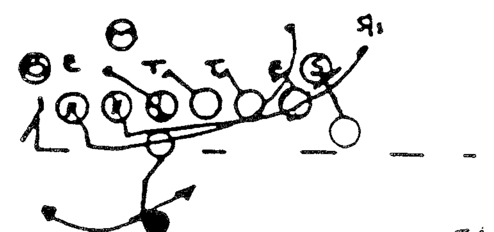
54

CALL: TREY-GAP
LOAD



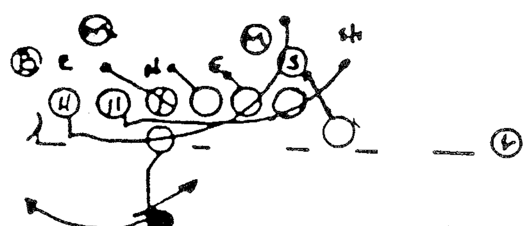
34 COLT

CALL: ANGLE
LOAD



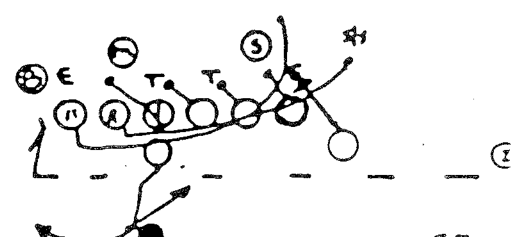
56

CALL: ANGLE
LOAD



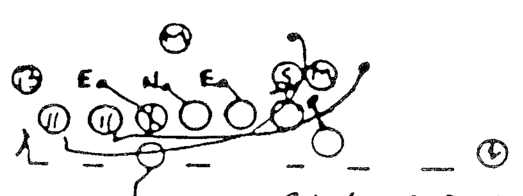
34 BOW

CALL: ANGLE
LOAD



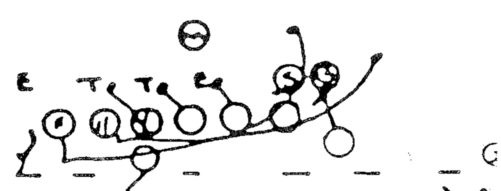
57

CALL: ANGLE
LOAD



34 SOLID DUBS

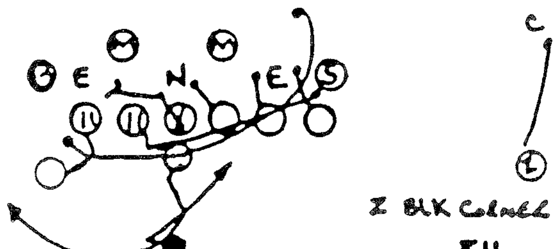
CALL: ANGLE
LOAD



SOLID DUBS

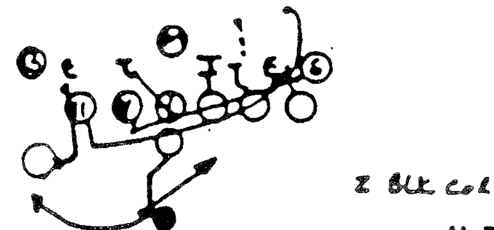
60/70 CTR GAP

CALL: TREY-GAP (ON TACKLE MAKES CALL)
NOTE: BLKING BACK RULE (SEAL BLOCK RULE)
- VOID OVER GD BLK END MAN ON LOS
- GD COVERED BLK MAN OVER TACKLE ON LOS



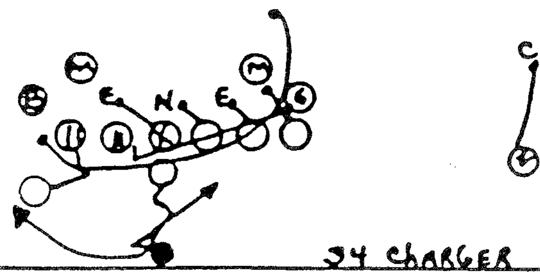
54

CALL: DUCE-GAP
NOTE: BLKING BACK RULE (SEAL BLOCK RULE)
- GD COVERED BLK MAN OVER TACKLE ON LOS
- VOID OVER GD BLK END MAN ON LOS



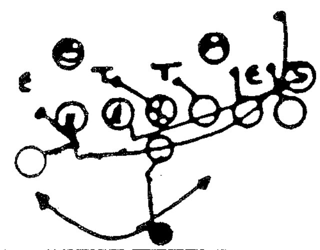
43

CALL: ANGLE



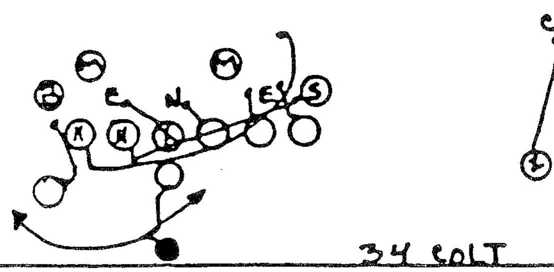
34 CHARGER

CALL: TREY-GAP



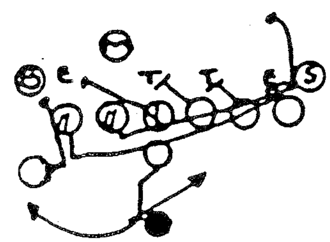
54

CALL: TREY-GAP



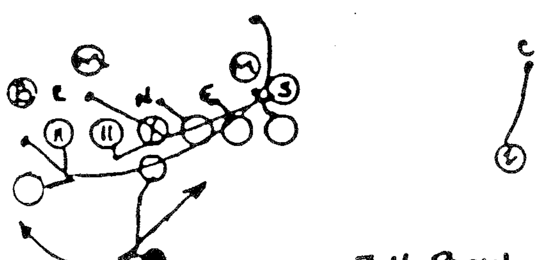
34 COLT

CALL: ANGLE



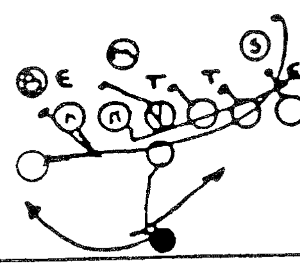
56

CALL: ANGLE



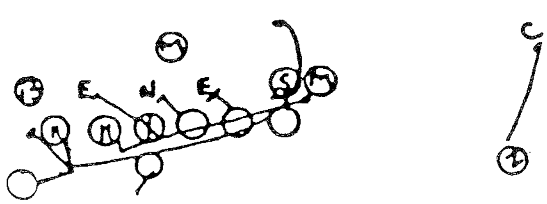
34 BOW

CALL: ANGLE



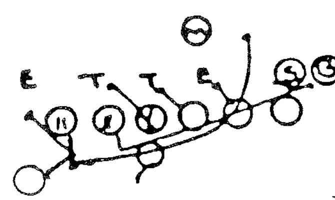
57

CALL: ANGLE



34 Solid Dubs

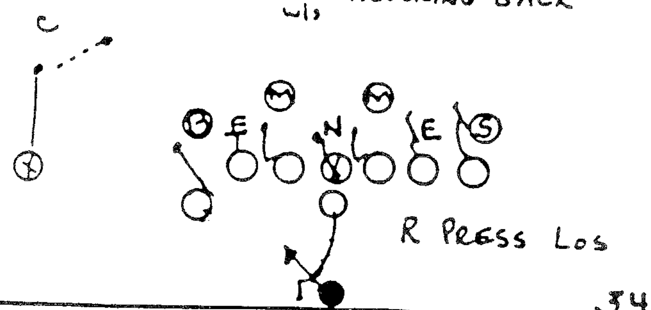
CALL: ANGLE



SOLID D

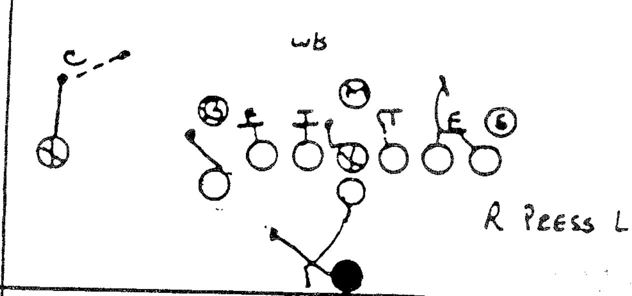
60/70 BOUNCE

CALL: READ ZONE
SCOOP
X BLOCK MOST DANGEROUS OF CORNER/W/S
R BACK KEY BLOCK OF BLOCKING BACK

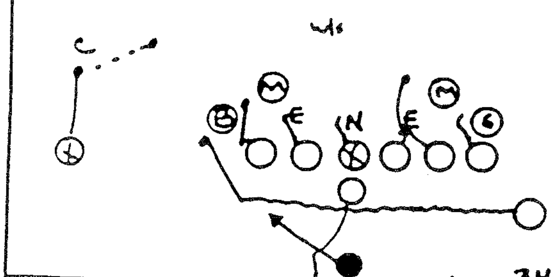


34

CALL: LENNY ZONE
COMBO
X BLOCK MOST DANGEROUS OF CORNER/W.S
R BACK KEY BLOCK OF BLOCKING BACK

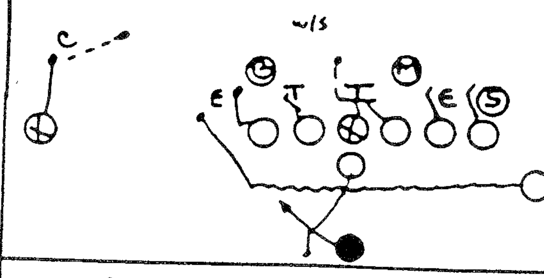


CALL: READ ZONE
SLIP

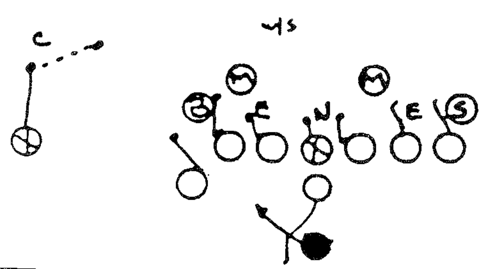


34 CHARGER

CALL: READ ZONE
SCOOP

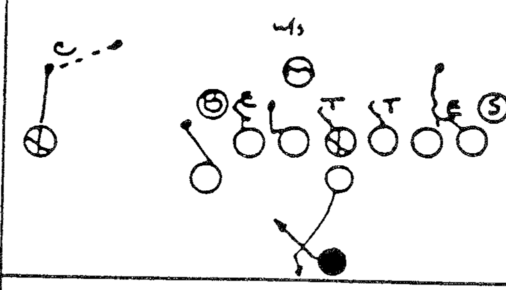


CALL: READ ZONE
SCOOP



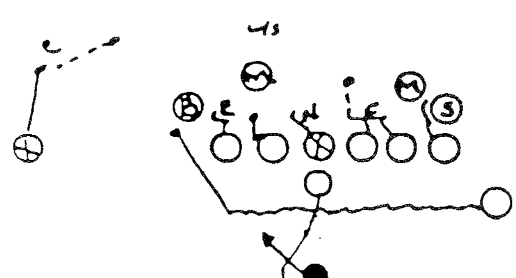
34 COLT

CALL: READ ZONE
COMBO



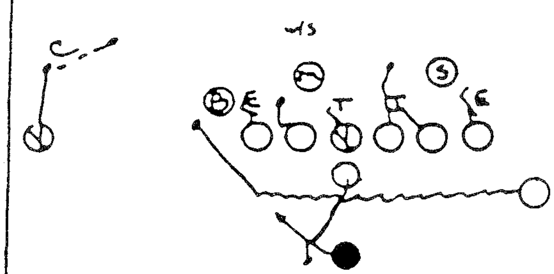
5

CALL: READ ZONE
SLIP



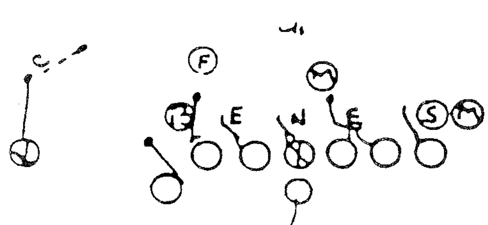
34 BOW

CALL: READ ZONE
SLIP



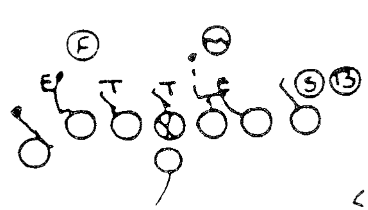
57

CALL: READ ZONE
SLIP



34 Solid Dubs

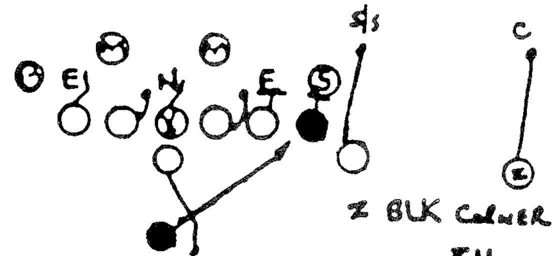
CALL: READ ZONE
SLIP



Solid D

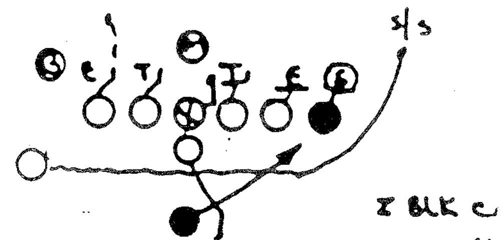
60/70 OUTSIDE

CALL: READ ZONE
SCOOP
Z BLK CORNER BLKING BACK BLK S/S
NOTE: R BACK HITCH KICK AND KEY MAN OVER TIGHT END



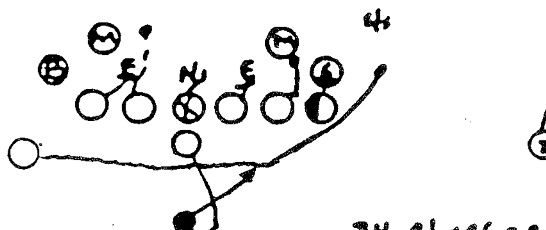
34

CALL: RAY ZONE
SIFT
Z BLK CORNER BLKING BACK BLK S/S
NOTE: WE CAN USE MOVEMENT WITH BLKING B



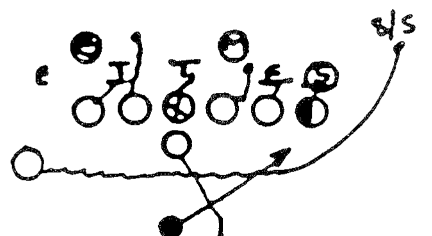
4

CALL: READ ZONE
SLIP
NOTE: WE CAN USE MOVEMENT WITH BLKING BACK



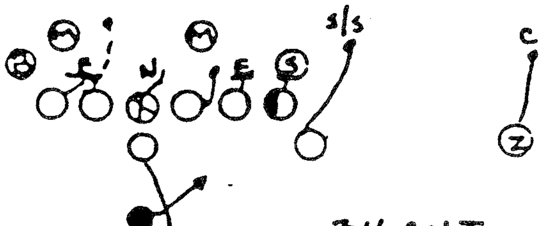
34 CHARGER

CALL: READ ZONE
SLIP



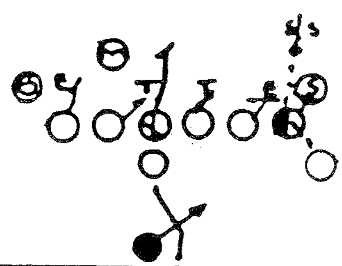
5

CALL: READ ZONE
SLIP



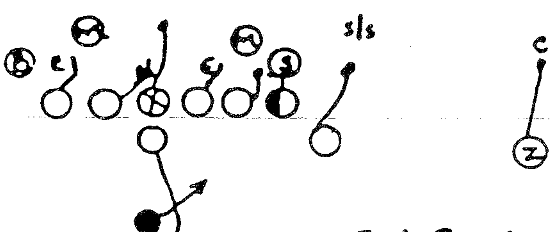
34 COLT

CALL: MAN
SCOOP
NOTE: BLKING BACK ALERT LOCATION OF S/S.



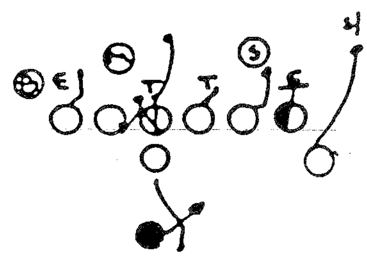
56

CALL: READ ZONE
SCOOP



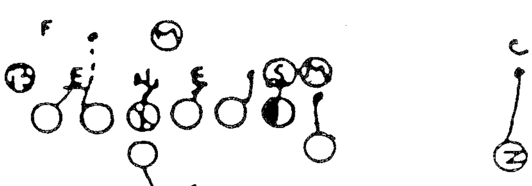
34 BOW

CALL: READ ZONE
SCOOP



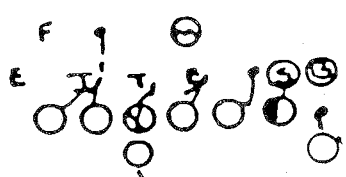
57

CALL: READ ZONE
SLIP



34 Solid Dubs

CALL: READ ZONE
SLIP

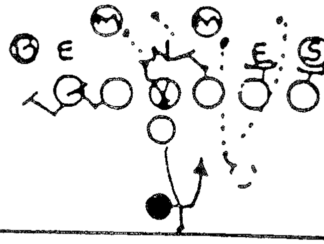


Solid Dub

40/50 OVERDRAW

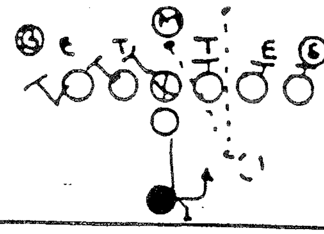
NOTE: CHARLEY PROTECTION BLOCKING

CALL: SLIDE (ON·GO DELAY ACE)
BLKING BACK KEY BLK of TACKLE
VS. ODD ALIGN.



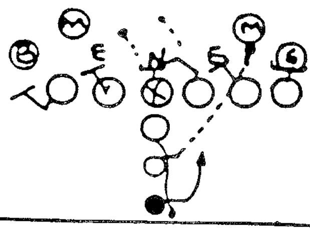
34

CALL: SLIDE
BLKING BACK KEY BLK of GUARD
VS. EVEN ALIGN.



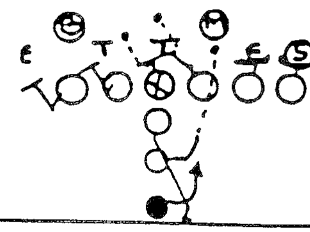
4

CALL: SLIDE (LION)



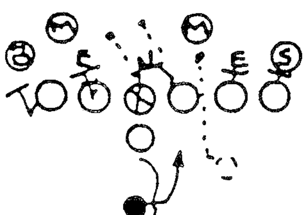
34 CHARGER

CALL: SLIDE



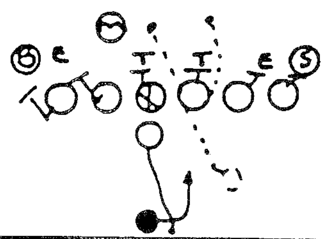
5

CALL: SLIDE



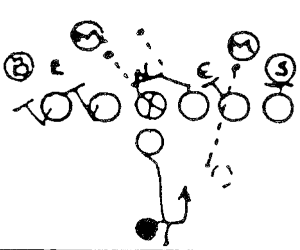
34 COLT

CALL: BASE / FAN



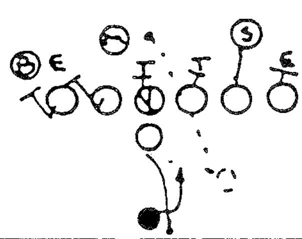
56

CALL: SLIDE (LION)



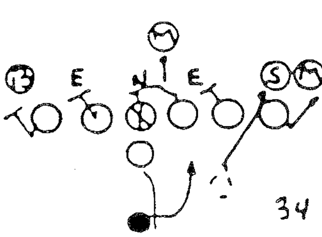
34 BOW

CALL: BASE/FAN



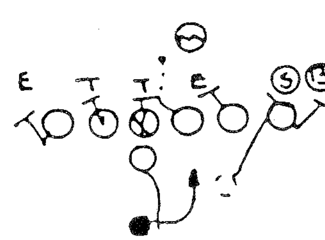
57

CALL: SLIDE (LION)
NOTE: DUBS ALIGNMENT Y BLK WIDEST L.B.
BLKING BACK BLK INSIDE DUBS L.B.



34 SOLID DUBS

CALL: SLIDE (LION)
NOTE: DUBS ALIGNMENT Y BLK WIDEST L.B.
BLKING BACK BLK INSIDE DUBS L.B.

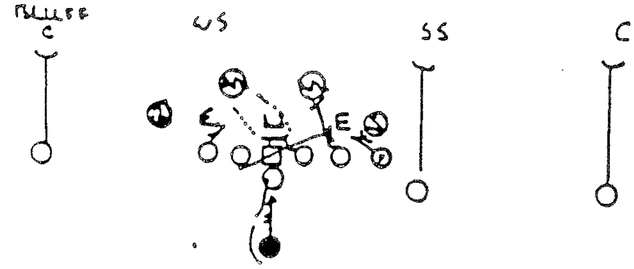


SOLID DU

40/50 KICK

CALL: ACE / ADD

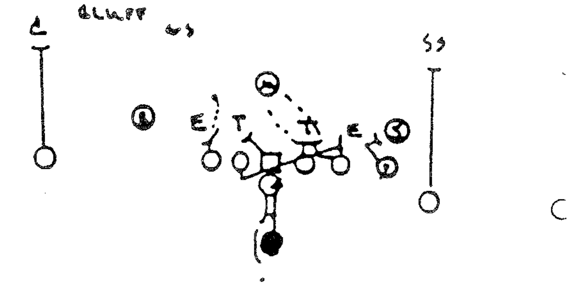
BLUFF



34

CALL: DUCE / ADD

BLUFF

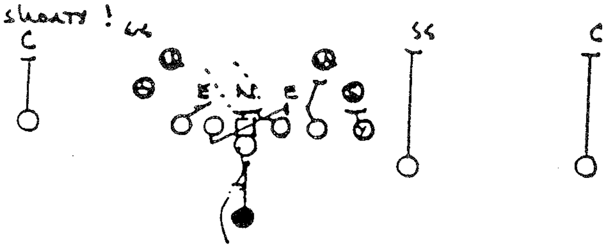


43

CALL: ACE / ADD

(POSSIBLE OFF)

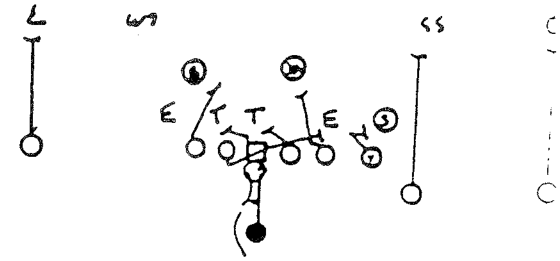
SHORTY !



34 CHARGER

CALL: OFF

BLUFF

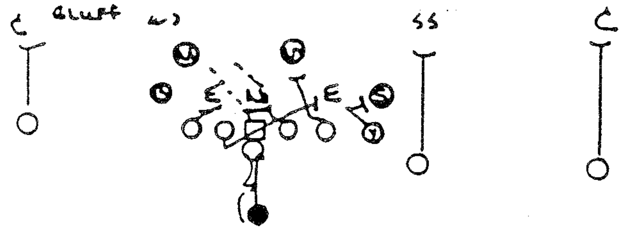


54

CALL: ACE / ADD

(POSSIBLE OFF)

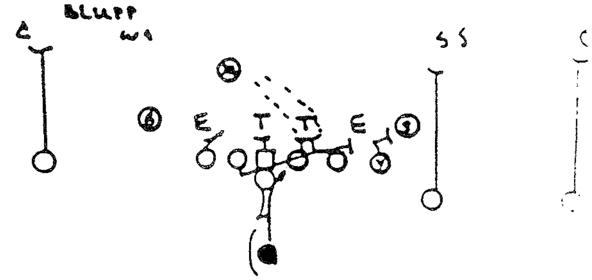
BLUFF



34 COLT

CALL: DUCE / ADD

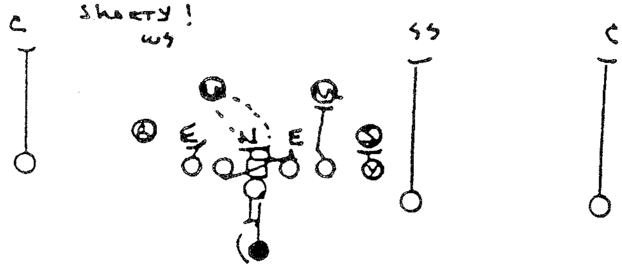
BLUFF



56

CALL: ACE / ADD

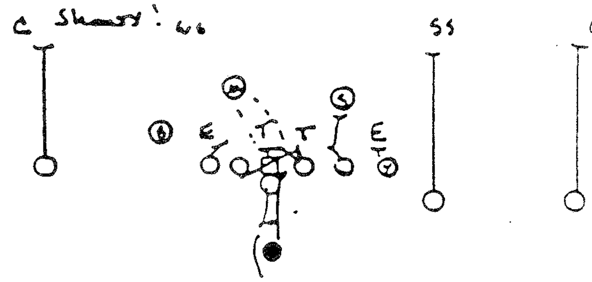
SHORTY !



34 BOW

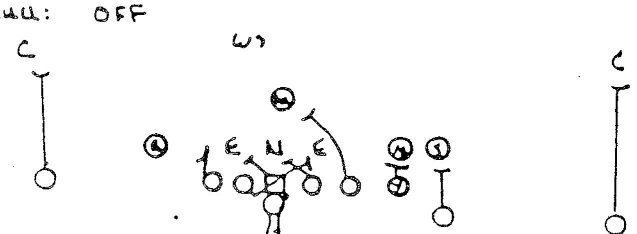
CALL: ACE / ADD

SHORTY !



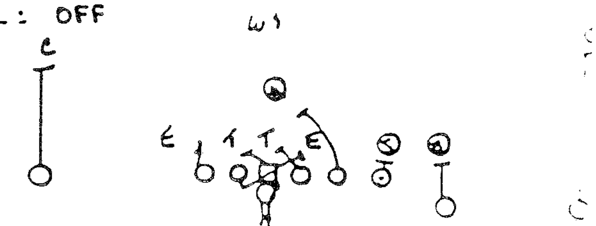
57

CALL: OFF

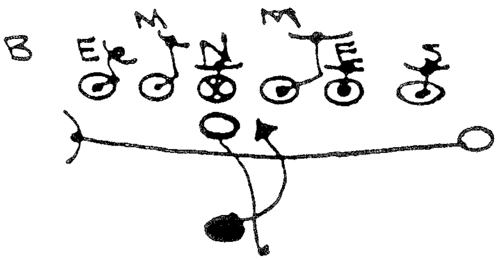


34 SOLID DRIVE

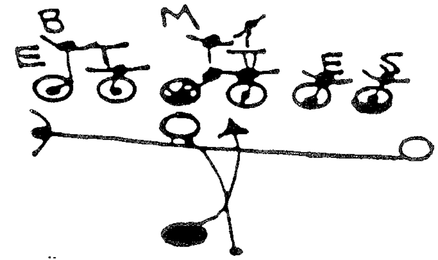
CALL: OFF



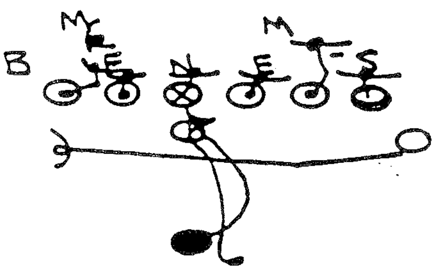
SOLID DRIVE

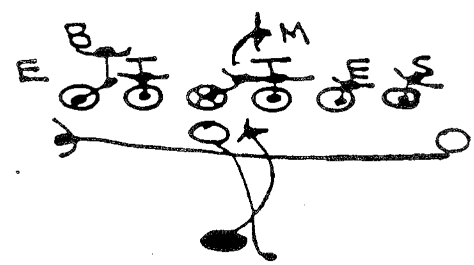


C.P. - QB get DEPTH - DONT OUT "R" OFF
KEY - "OL" - SELL "GUT". 34

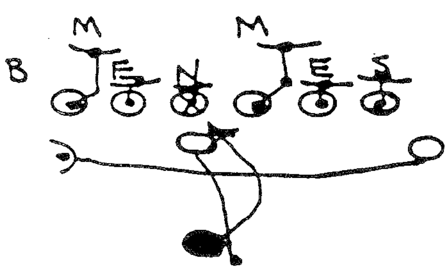


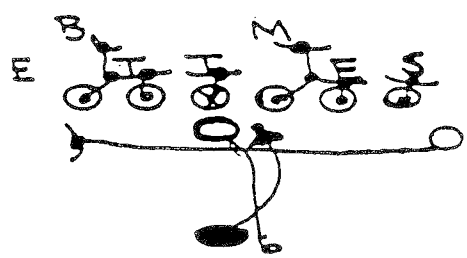
ALERT - IF 2 MEN OUTSIDE OF TACKLE - CHECK OUT OF. 4



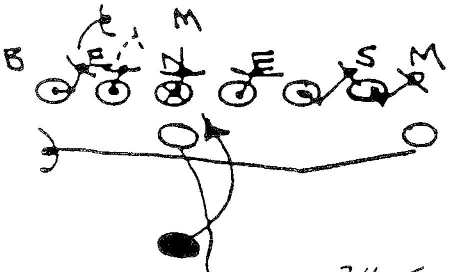


34 charger 44

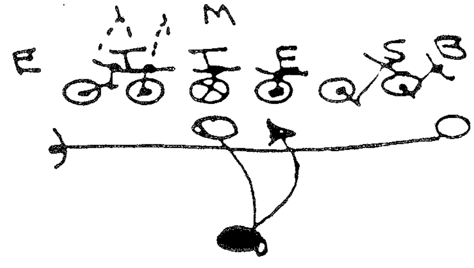




34 COLT 5



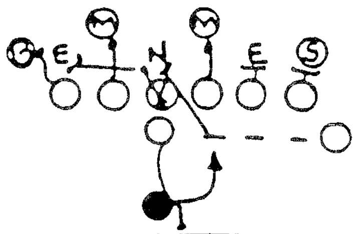
34 Solid Dubs



Solid D

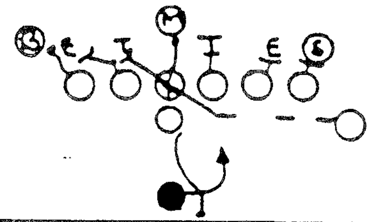
40/50 LEAD NOSE

CALL: ODD
BANG MOVEMENT
R KEY MAN OVER TACKLE
PRESS LOS.

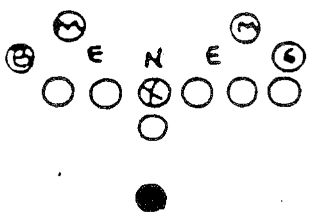


34

CALL: EVEN
R KEY MAN OVER TACKLE
PRESS LOS.

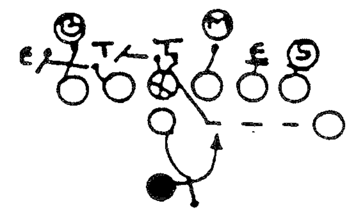


4



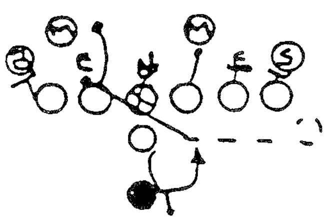
34 CHARGER

CALL: ODD
BANG



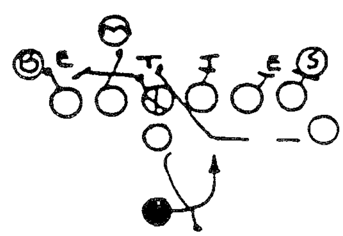
5

CALL: CUT
BANG
R KEY MAN OVER TACKLE ON 'CUT' CALL.



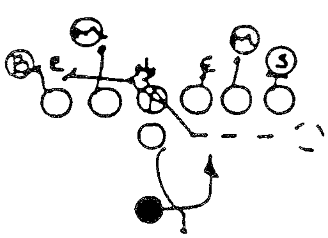
34 COLT

CALL: ODD
BANG



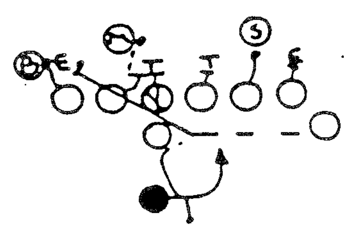
56

CALL: ODD
BANG

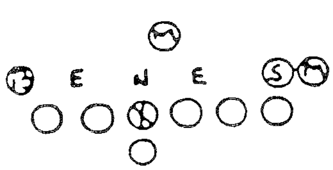


34 BOW

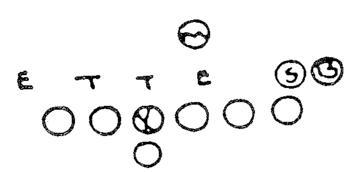
CALL: CUT
BANG



57



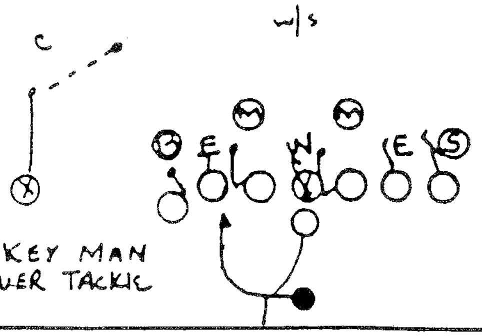
34 SOLID DUBS



SOLID D

40/50 BELLY

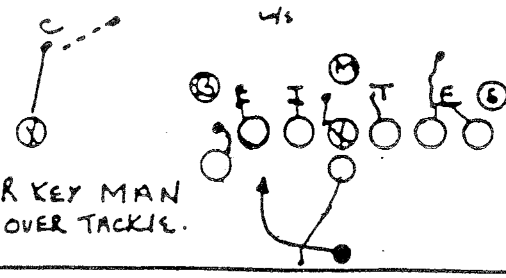
CALL: READ ZONE
SCOOP
X· BLK MOST DANGEROUS OF C/W.S



R KEY MAN
OVER TACKLE

54

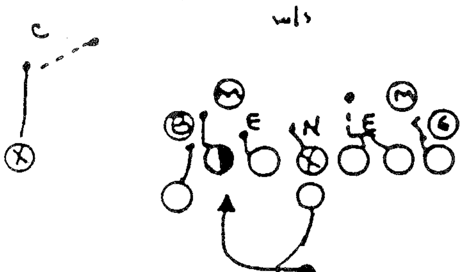
CALL: LENNY ZONE
COMBO
X· BLK MOST DANGEROUS OF C/W.S



R KEY MAN
OVER TACKLE.

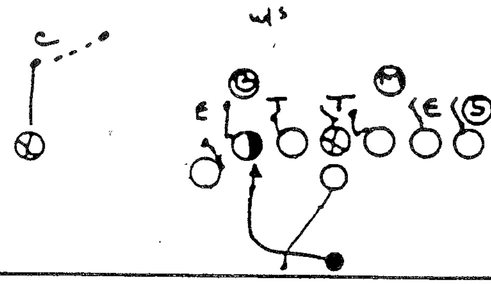
43

CALL: READ ZONE
SLIP
NOTE: BLKING BACK CAN USE 2 STEP MOTION



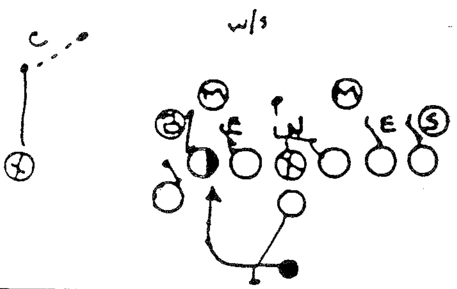
34 CHARGER

CALL: READ ZONE
SCOOP
NOTE: BLKING BACK CAN USE 2 STEP MOTION



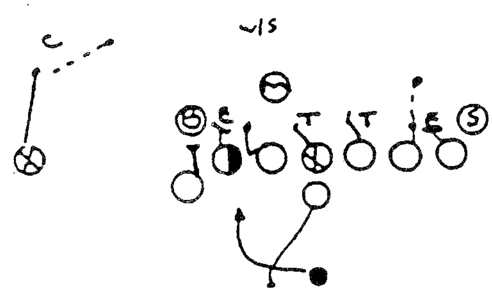
54

CALL: READ ZONE
SCOOP



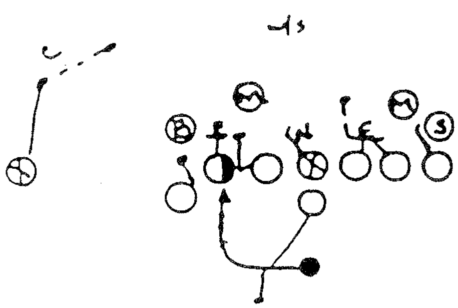
34 COLT

CALL: READ ZONE
COMBO



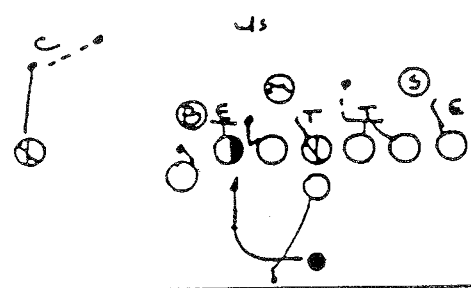
50

CALL: READ ZONE
SLIP·



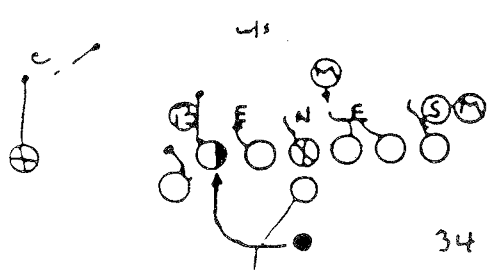
34 BOW

CALL: READ ZONE
SLIP



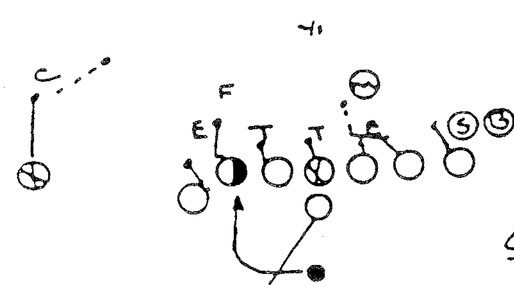
57

CALL: READ ZONE
SLIP



34 SOLID DUBS

CALL: READ ZONE
SLIP

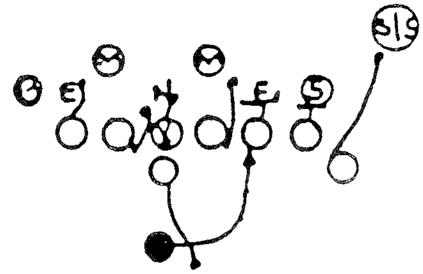


SOLID DUB

40/50 GUT

CALL: READ ZONE (GD/TACKLE)
SCOOP

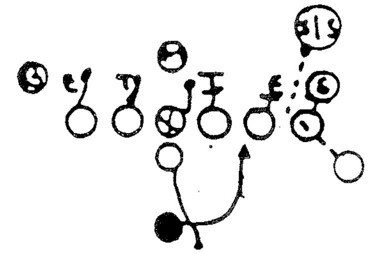
NOTE: R BACK KEY MAN OVER TACKLE
PRESS THE LOS.



54

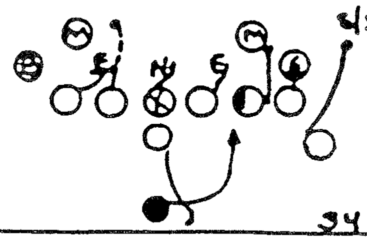
CALL: RAY ZONE (CENTER/GD)
CUTOFF

NOTE: R BACK KEY MAN OVER TACKLE
PRESS THE LOS.



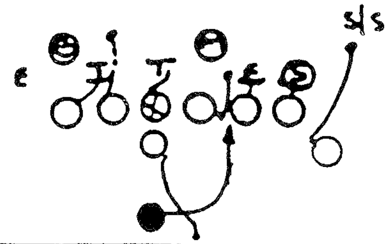
43

CALL: READ ZONE (TACKLE/Y)
SLIP



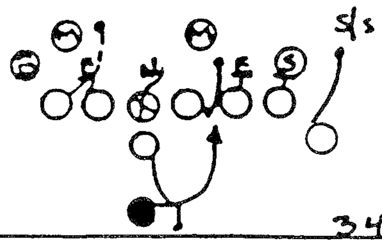
34 CHARGER

CALL: READ ZONE
SLIP



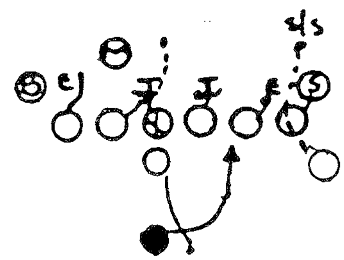
54

CALL: READ ZONE
SLIP



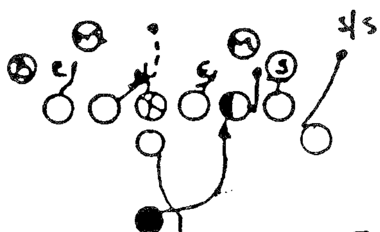
34 COLT

CALL: MAN
SCOOP



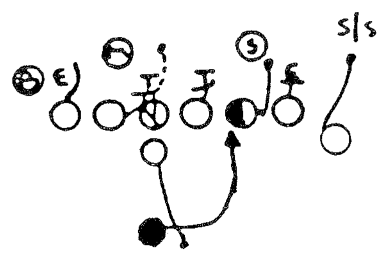
56

CALL: READ ZONE
SCOOP



34 BOW

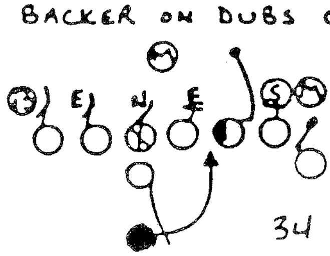
CALL: READ ZONE
SCOOP



57

CALL: READ ZONE

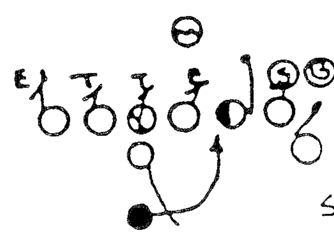
NOTE: BLKING BACK ALERT TO BLK OUTSIDE
DUBS BACKER ON DUBS CALL.



34 SOLID DUBS

CALL: READ ZONE

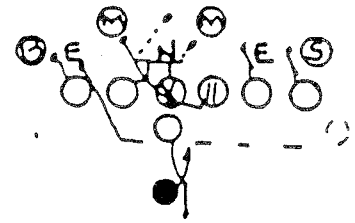
NOTE: BLKING BACK ALERT TO BLK OUTSIDE
DUBS BACKER ON DUBS CALL.



SOLID DUB.

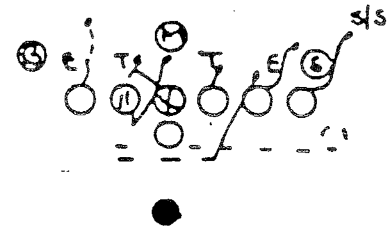
20/30 A.O.I.

CAll: ACE/ADD

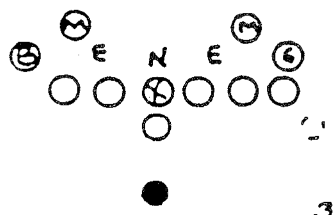


34

CAll: ChoKE

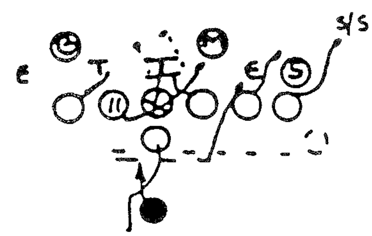


4



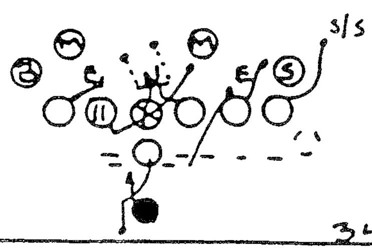
34 CHARGER

CAll: ACE/ADD



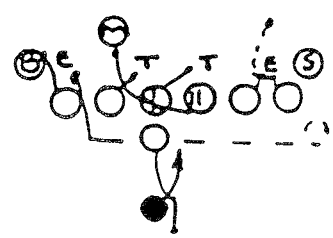
5

CALL: ACE/ADD



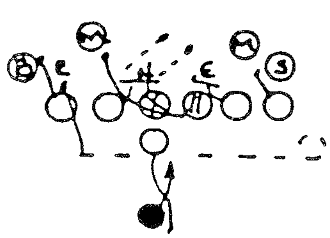
34 COLT

CAll: off (56)



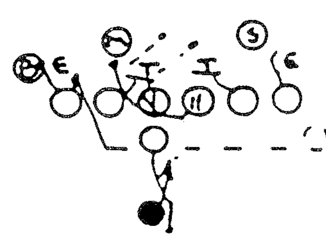
56

CAll: ACE/ADD

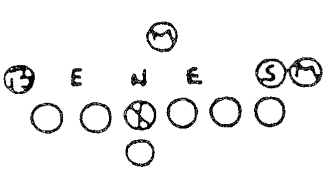


34 BOW

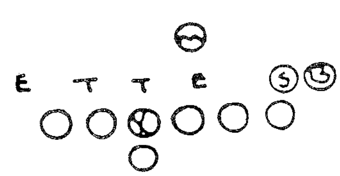
CAll: ACE/ADD (57)



57



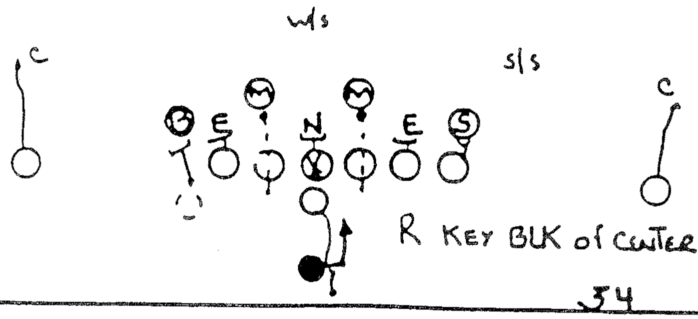
34 SOLID DUBS



SOLID [illegible]

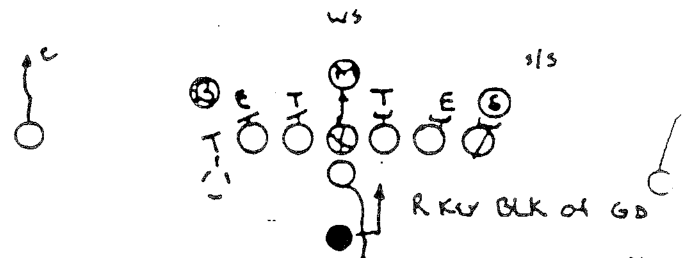
20/30 PAINT

CALL: ZONE BLOCKING
ALERT STUNTS/DOGS
NOTE: PREVENT PENETRATION



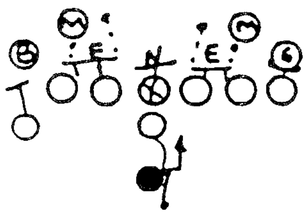
34

CALL: ZONE BLOCKING
ALERT STUNTS/DOGS
PREVENT PENETRATION



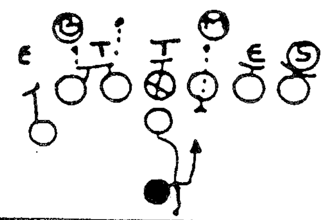
4.3

CAll: ZONE



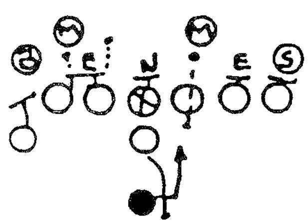
34 CHARGER

CAll: ZONE



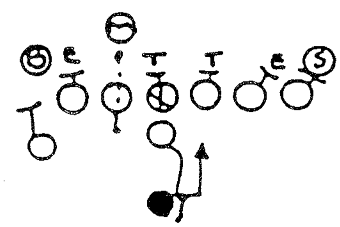
54

CAll: ZONE



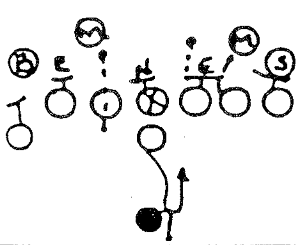
34 COLT

CAll: ZONE



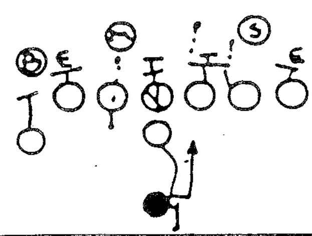
56

CAll: ZONE

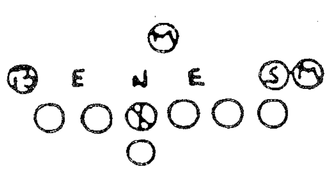


34 BOW

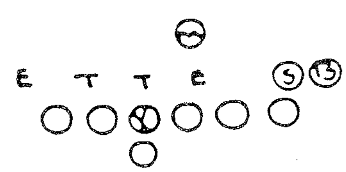
CAll: ZONE



57

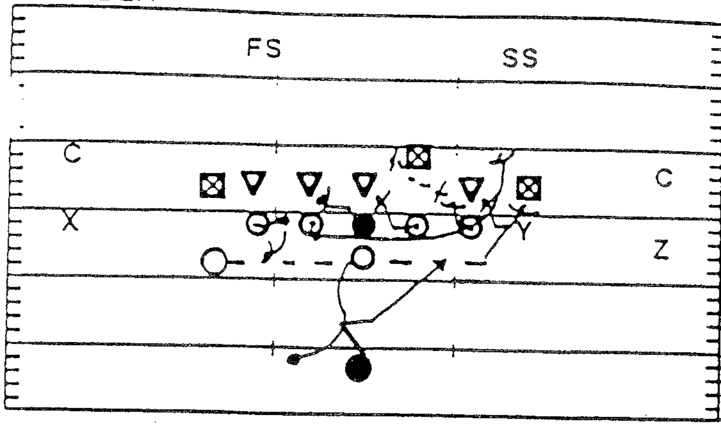


34 SoliD DuBs

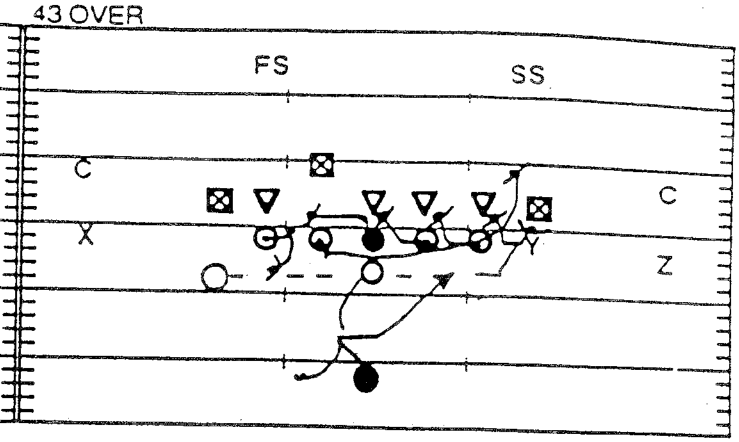


Solid DuBs

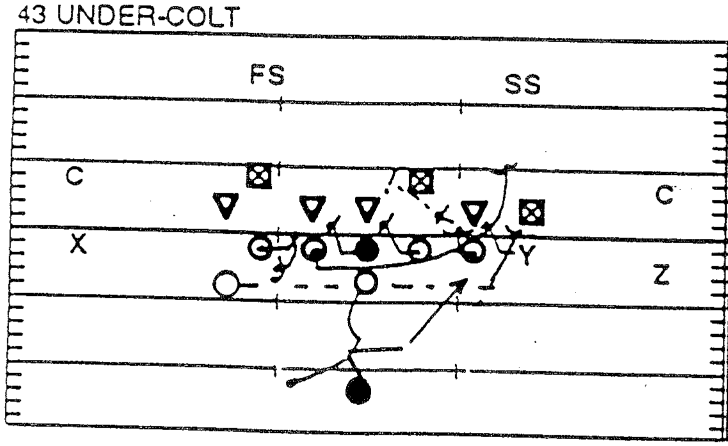
43 UNDER



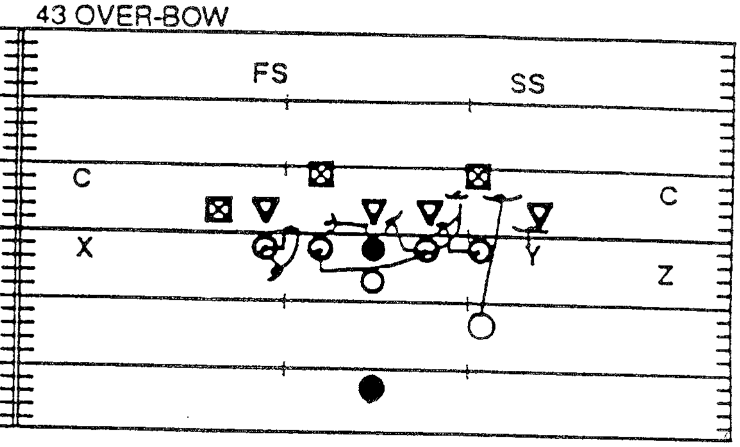
43 OVER



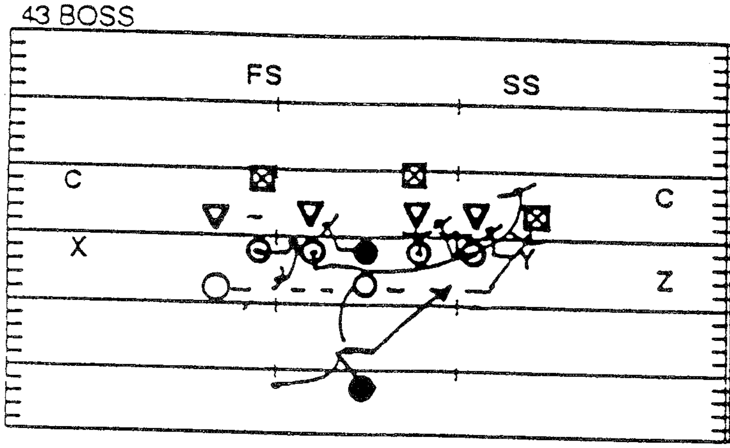
43 UNDER-COLT



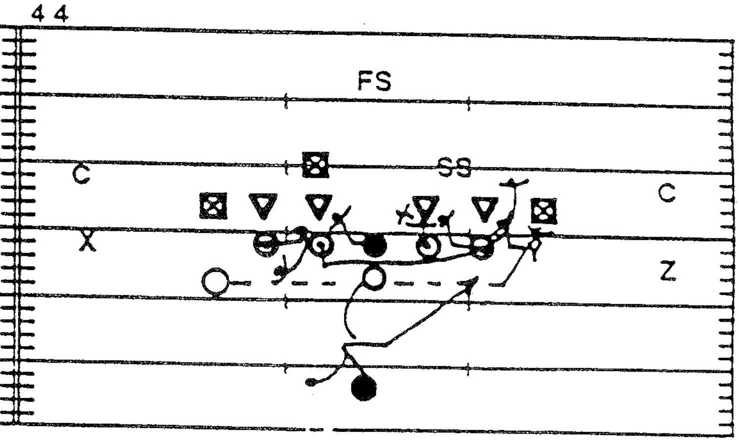
43 OVER-BOW



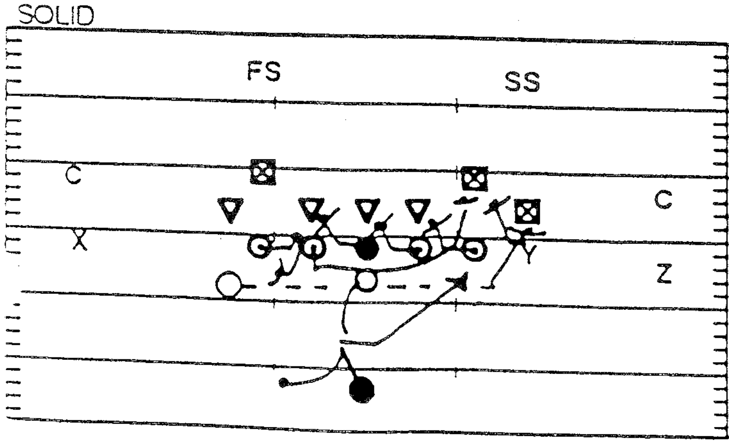
43 BOSS



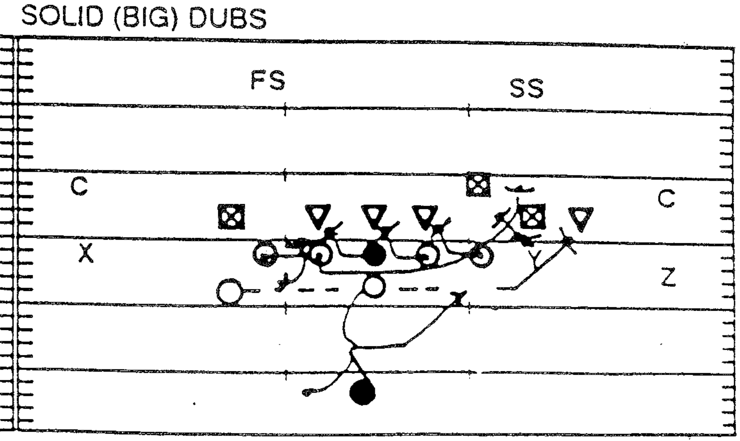
4 4



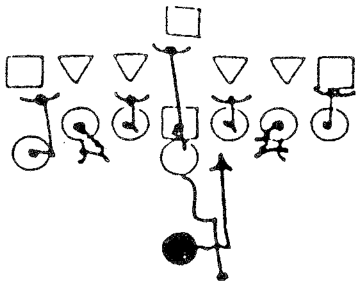
SOLID



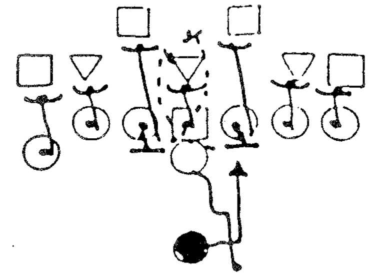
SOLID (BIG) DUBS



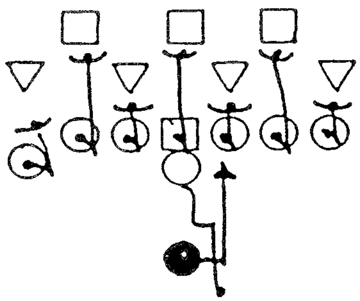
20/30 PAINT



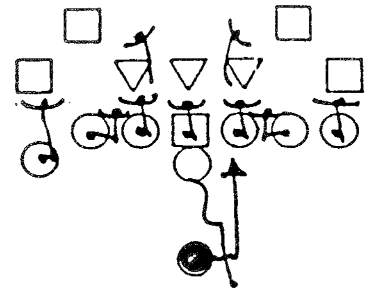
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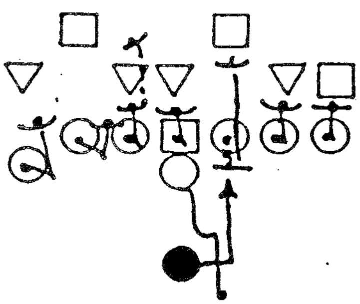
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43 BC

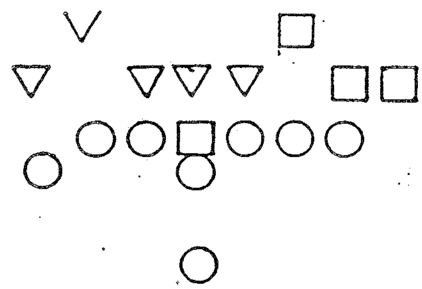


SOLID CHARGER

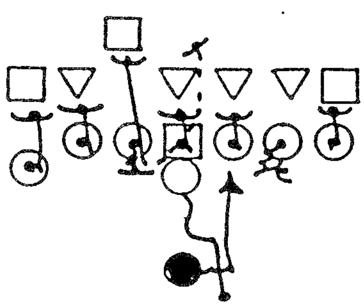


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NOTE:
AUDIBLE

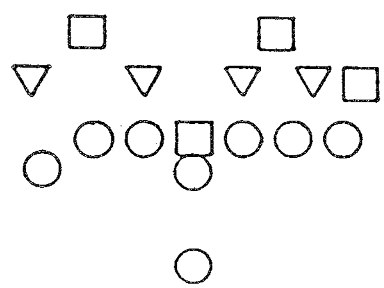


SOLID DUBS FIS

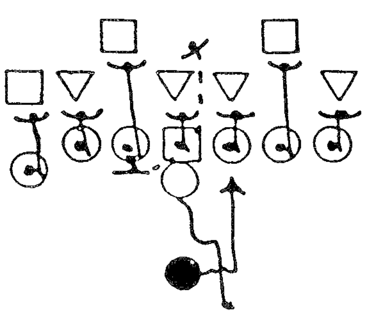


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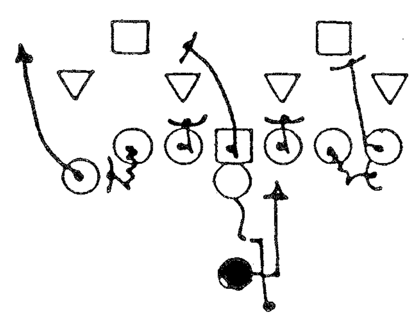
NOTE:
AUDIBLE



44



57



4

20/30 PAINT

PASS SET CONTROL * THE MAN OVER

QB
3 STEP DROP
LOOK AT THE LBER
PAUSE AT MESH POINT

CENTER
* MAN OVER
UNCOVERED * MAC
42-WORK WEAK

WR
ONSIDE-CORNER *
OFFSIDE-CORNER *

STRONG GUARD
* MAN OVER
UNCOVERED-KEY THE TRIANGLE

R-BK
TOES AT 6 1/2 YARDS
SLIDE TO GUARD-PAUSE FOR BALL
PSL FOR COVERED LINEMAN
RUN TO DAYLIGHT

STRONG TACKLE
* MAN OVER
UNCOVERED-KEY THE TRIANGLE

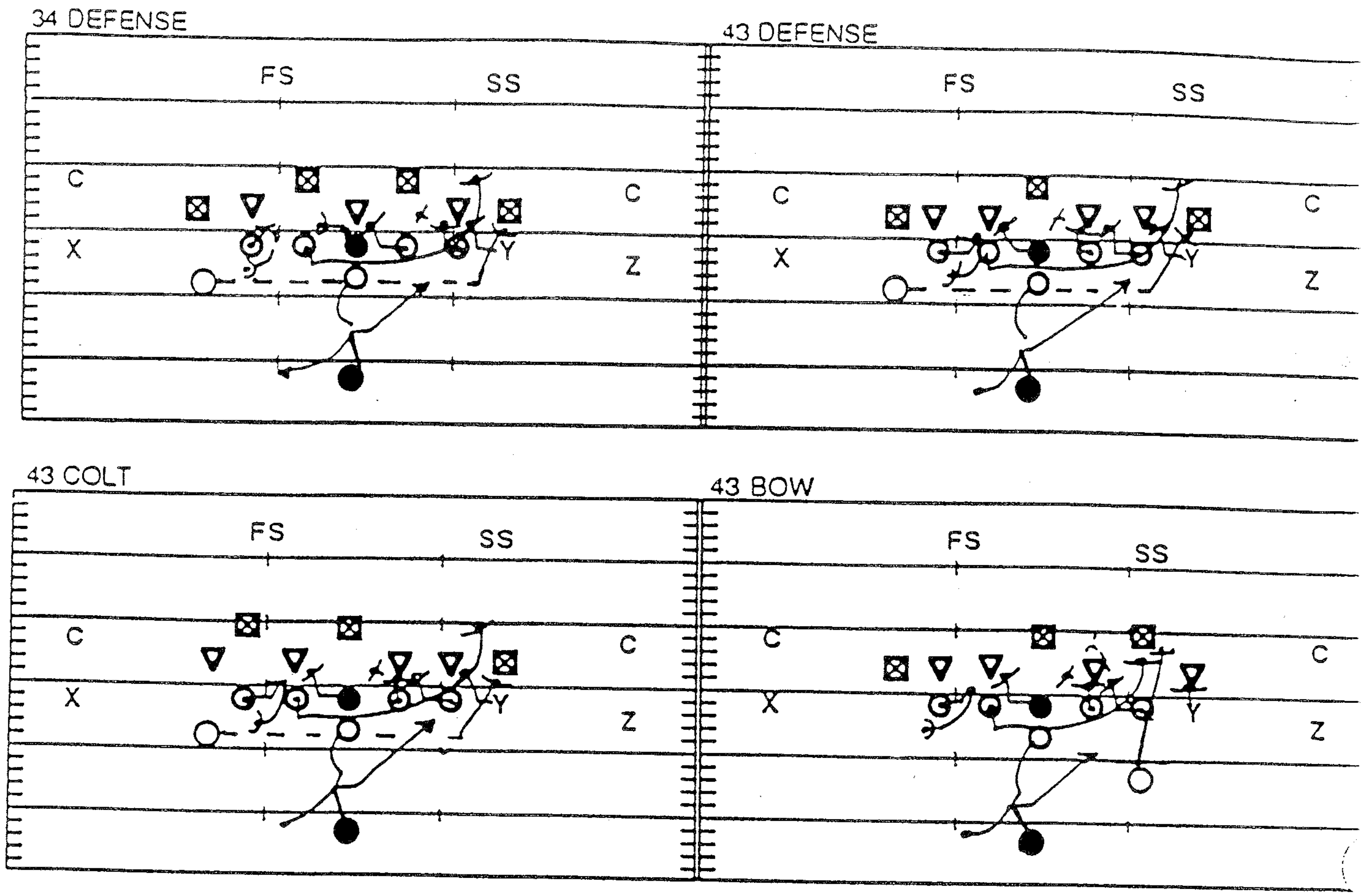
TE/Y
* MAN OVER

WEAKSIDE GUARD
* MAN OVER
UNCOVERED-KEY THE TRIANGLE

H-BK
* 3RD DEFENDER YOUR SIDE

WEAKSIDE TACKLE
* MAN OVER
UNCOVERED-SLIP * TO BUCK

PLAY: 60/70 POWER



QB - FRONT OUT, 6 O'CLOCK, HOP STEP, FAKE COUNTER PASS

RB - FAST COUNTER STEP - START DOWN HILL & READ IT

HB - BLOCK THE OUTSIDE LB'er TO PLAYSIDE

Y - VS. 34 - DOWN # - GAP STEP; VS. EVEN DEF. - GAP #; TACKLE UNCOVERED - # MAN OVER - GAME PLAN

Z - # MDM

X - # MIDDLE 1/3

OST - COVERED & OSG UNCOVERED - GAP STEP - # MAN OVER - BODY PRESENCE FOR TE. ALERT FOR MAC LBKR RUN THR
IF OSG COVERED - DEUCE # - TRUE DBTM. TECH.; VS. SOLIDS - GAP #. - NO PENETRATION.

OSG - COVERED & CENTER UNCOVERED - DEUCE # WITH TACKLE - TRUE DBTM TECH.;
COVERED & CENTER COVERED - A) # DOWN B) DEUCE W/TKL IF CENTER CALLS MINGO - GAME PLAN
VS. SOLIDS - GAP # - NO PEN. UNCOVERED - # DOWN.

CENTER - # BACK. IF COVERED - STAB & WORK BACK - IF NO THREAT BACKSIDE CALL MINGO $ # MAN OVER
UNCOVERED - # BACK VS SOLIDS - # BACK VS. 4-3 UNDER - # BACK

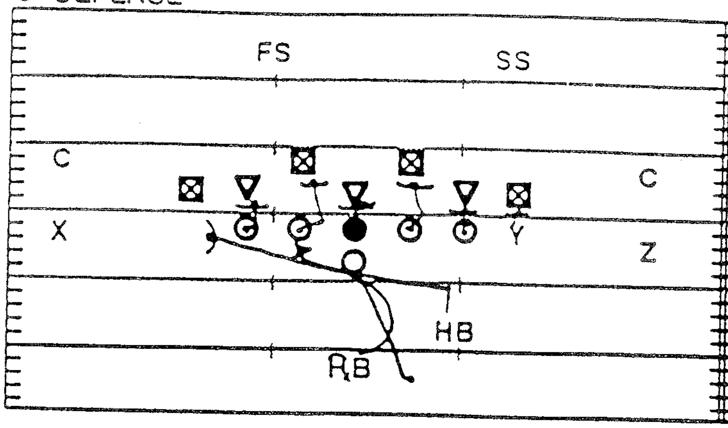
BSG - PULL WITH SPEED - TURN UP INTO FIRST HOLD PLAYSIDE. IF TE SINGLED - READ HIS #
HAVE NO HESITATION - ATTACK. Pull tight to DBL TEAM

BST - COVERED & OSG UNCOVERED - # MAN OVER - TAKE INSIDE AWAY - THAN HINGE FOR WILL LBKR
UNCOVERED - STEP HARD & INSIDE STAB MAN OVER GUARD - THEN WORK BACK TO OE/LBKR

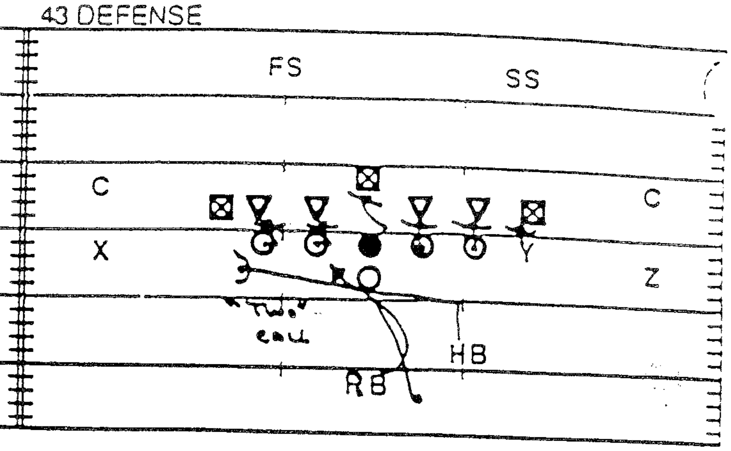
*PREFER THIS PLAY IN ONE BACK SET WITH 3 WR's. ISOLATE TIGHT END ON DEF. END (CAN FLY THIS) - GET SURGE ON DEFNOR OVER GUARD WITH DOUBLE TEAM.

PLAY: 40/50 WHEEL

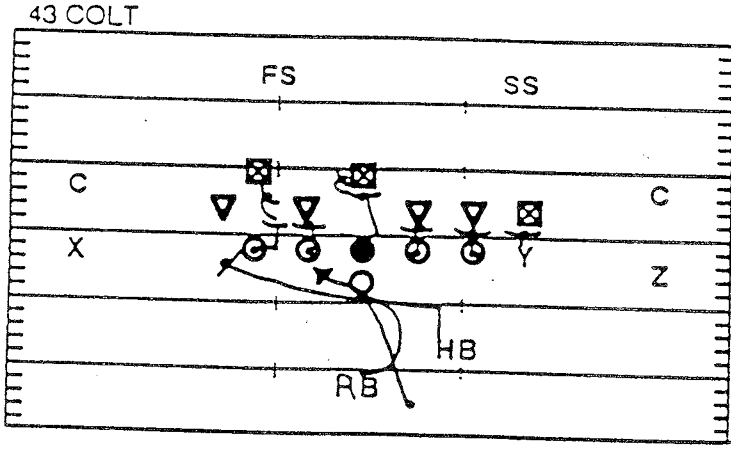
34 DEFENSE



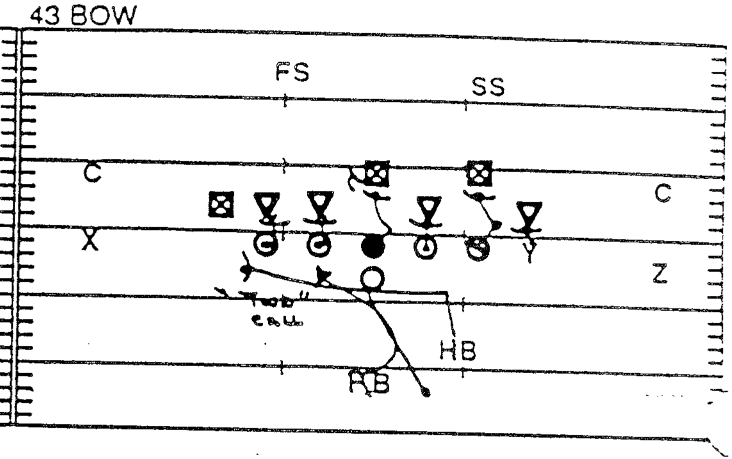
43 DEFENSE



43 COLT



43 BOW



QB - FRONT OUT, 5/7 O'CLOCK, FAKE ACT 4/NAKED

RB - TIGHTER GUT PATH - ATTACK BACKSIDE. MAY BOUNCE OUTSIDE

HB - TRAP E.M.L.O.S.

Y - DRIVE # NO. 3 VS. SDF - DBL BUMP DUBS BKRS

Z - # OSD. 1/3

X - # MDM

OST - COVERED AND GUARD UNCOVERED - INFLUENCE # MAN OVER. ALLOW NO PENETRATION.
COVERED AND GUARD COVERED - INFLUENCE # MAN OVER. ALLOW NO PENETRATION. "TWO" CALL.
UNCOVERED - DBTM MAN OVER GUARD - THEN UP ON LBKR.

OSG - COVERED AND TACKLE UNCOVERED - DBTM MAN OVER
COVERED AND TACKLE COVERED - DRIVE # MAN OVER
UNCOVERED - SELL ZONE # W/CTR THEN UP ON LBKR.

CENTER - # GUT'NG - ALLOW NO PENETRATION

BSG - # GUT #NG

BST - # GUT #NG

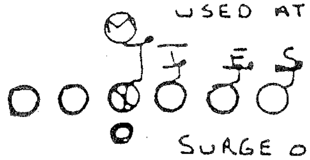
POINTS

1. USE IN 3 TE's - GET INFLU. # BY FB
2. USE IN NKL W/Y OFF & TRAPPING

RUN BLOCKING CALLS AND COMBINATIONS

SPEAR BLOCK

SURGE MAN BLOCK
USED AT POINT OF ATTACK

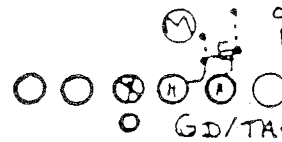


FACE ON NUMBERS
HANDS ON SHOULDERS
CLIMB / DRIVE

SURGE OPPONENT
OFF LOS.

READ POWER ZONE

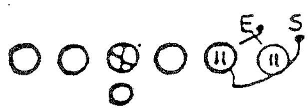
POWER ZONE BLK BETWEEN
ONSIDE GD/TACKLE. USED
ON 4-5 HOLE
PLAYS.



GD/TACKLE SURGE
THRU DEF. END TO
BACKER.

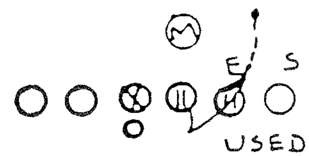
TAKE

CROSS BLK USED AT POA
BY ONSIDE TACKLE/TE.
THIS CALL MADE BY
TACKLE ON 6-7/8-9 HOLE
PLAYS.



BIG READ ZONE

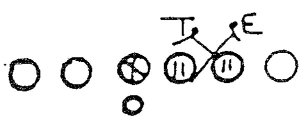
STAB ZONE WHERE ONSIDE
GD. BLKS DEF. END AND
ONSIDE TACKLE BLKS INSIDE
BACKER.



USED ON 6-7
8-9 HOLE RUNS.

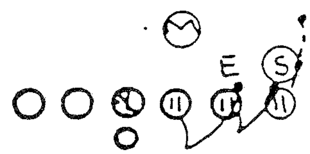
TUG

CROSS BLK USED AT POA
BY ONSIDE TACKLE/GD.
TACKLE FIRST - GD BEHIND
USED ON 4-5 HOLE PLAYS.
CROSS BLK LOS. DEFENDERS.



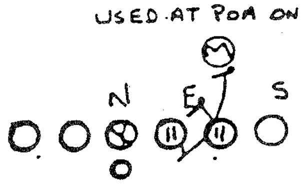
GANG

THREE MAN ZONE INVOLVING
ONSIDE GD-T-TE ON 6-7
8-9 HOLE RUNS. USED WHEN
DEF. SLANTING/PINCHING.



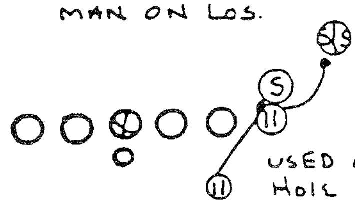
TAG

TACKLE BLK DOWN 1ST MAN
ON LOS. GD STEP AROUND FOR
2ND LEVEL LINE BACKER.
USED AT POA ON 4-5 HOLE PLAYS.



TER

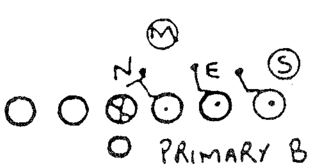
TIGHT END RELEASE AND BLK
FORCE. BLKING BACK BLK
OUTSIDE BACKER OR END
MAN ON LOS.



USED ON 4-5
HOLE RUNS.

GAP

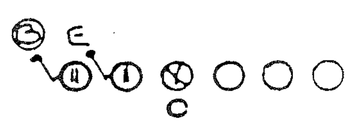
BAR BLKING WHERE BLOCKERS
BLK FIRST DEFENDER INSIDE ON
OR OFF LOS.



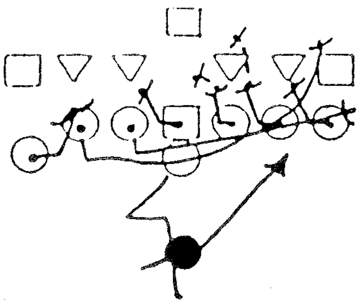
PRIMARY BLKING SCHEME
USED ON 6-7/8-9 HOLE
CTR. PLAYS.

FAN

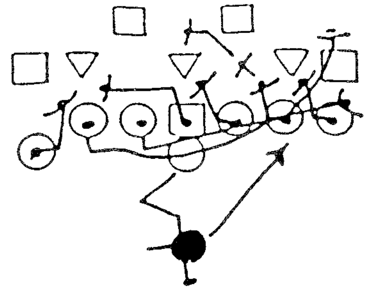
ONSIDE BLKING SCHEME
WHERE GD. BLKS 1ST MAN ON
LOS AND TACKLE BLKS 2ND
MAN ON LOS.



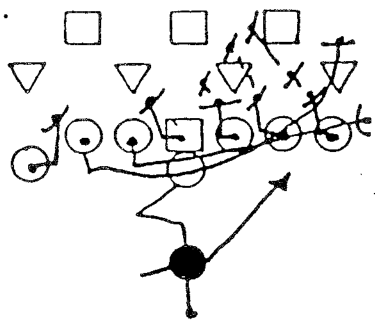
60/10 CTR



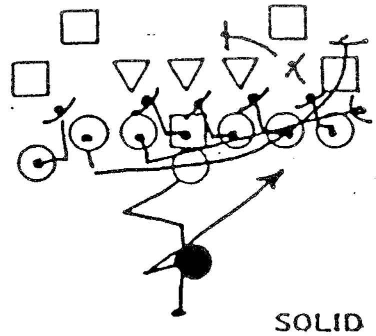
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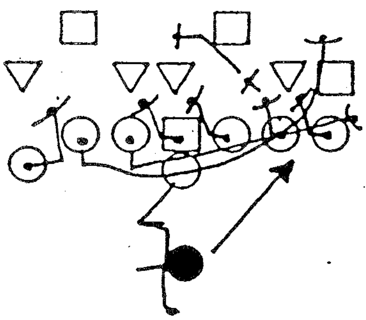
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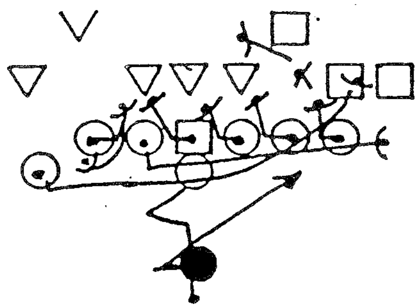
43 BC



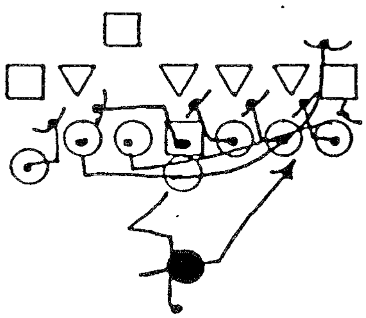
SOLID CHARGER



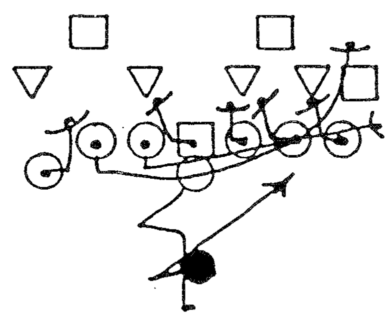
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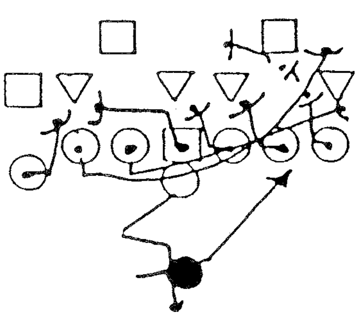
SOLID DUBS FIST



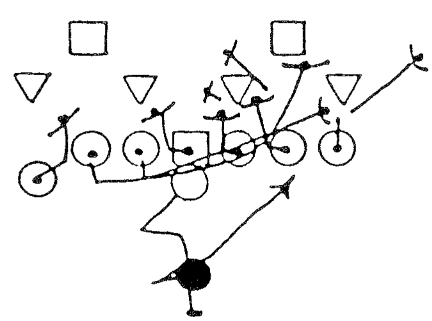
56



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42

60/70 COUNTER GAP STRONGSIDE GAP #ING-WEAKSIDE PULL

QB
OPEN AWAY FROM THE CALL
GET BALL DEEP TO R-BK
DON'T CUT R-BK OFF

CENTER
OFF # THE 1ST DEFENDER WEAKSIDE ON LOS
TACKLE WILL SLAM # A WIDE 3
ALERT 2 CALL -NO HELP FROM TACKLE

WR
ONSIDE-INSIDE MDM #
OFFSIDE-CUTOFF

STRONGSIDE GUARD
IF THE CENTER IS COVERED DOWN #
IF THE CENTER IS UNCOVERED DUECE #

R-BK
CTR STEPS-LOOK OFF LBERS
TOES AT 6 1/2 YARDS
SLASH DOWNHILL KEEPING INSIDE
HIP RELATIONSHIP WITH TACKLE

STRONGSIDE TACKLE
IF THE GUARD IS COVERED DOWN # OR DUECE #
IF THE GUARD IS UNCOVERED TREY #

TE/Y
IF THE TACKLE IS COVERED DOWN #
OR TREY #
IF THE TACKLE IS UNCOVERED READ
THE BOX 7 MAN-GO THRU
6 MAN WIDE CALL

WEAKSIDE GUARD
PULL AND TRAP # THE EMOLOS

H-BK
CUTOFF # 2 MAN ON LOS PAST THE CTR.
STAY CALL-YOU PULL FOR TACKLE

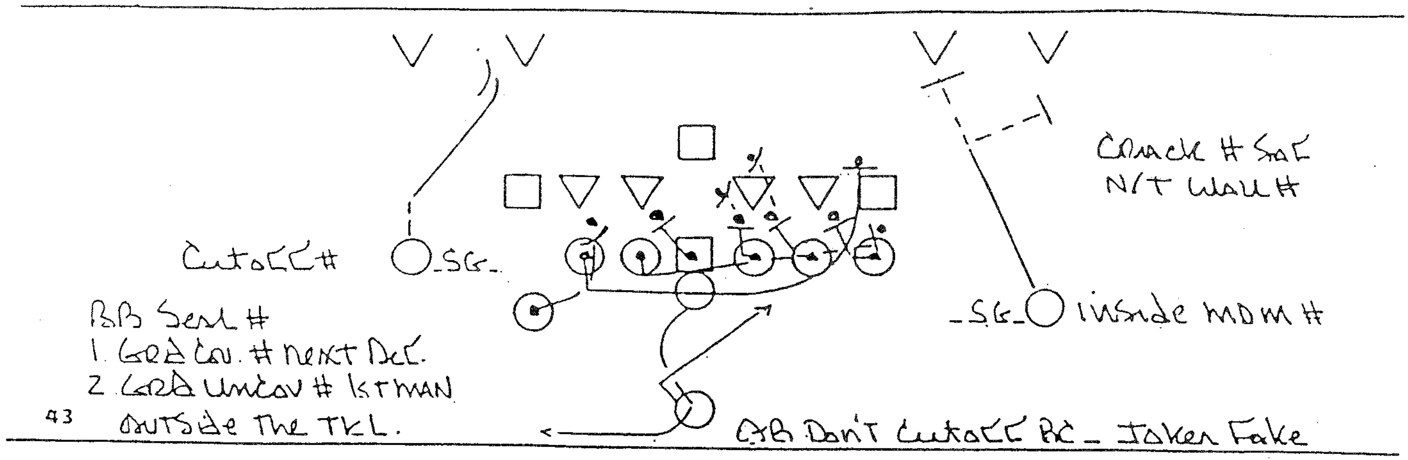
WEAKSIDE TACKLE
PULL AND TURN UP 1ST DAYLIGHT
STAY CALL VS WIDE 3-SLAM #

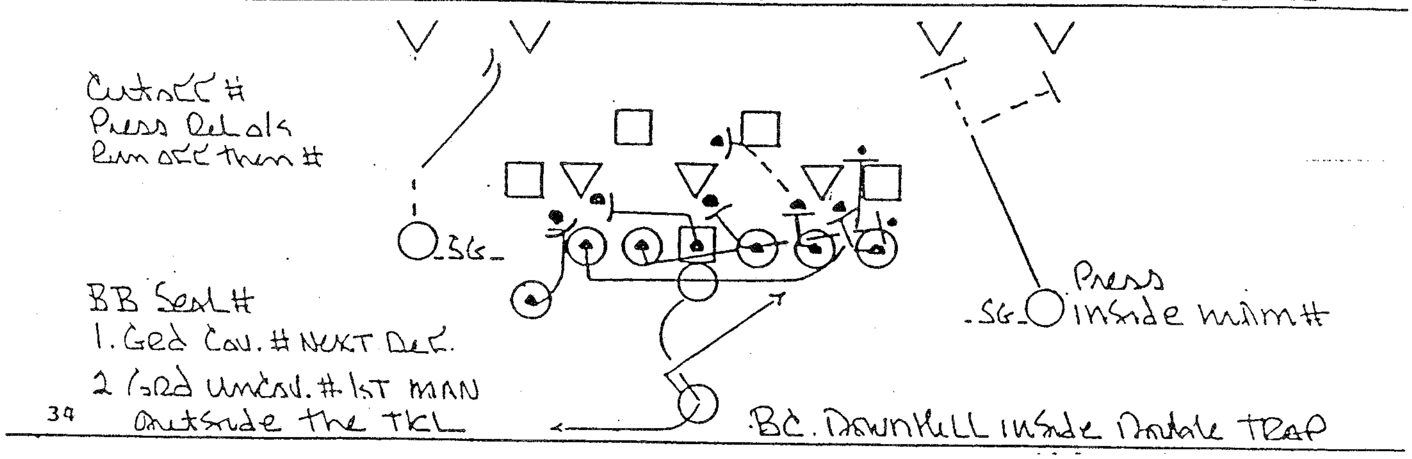
WHAT IF:

PLAY: SPREAD RT 60(70) CTR
STRONG SIDE GAP #ING -- WEAK SIDE -- GRD TRAP - TKL THRU 1ST DAY LITE.

BC: Q: TOES 6 1/2 YDS. CTR STEPS - LOOK OFF LBKRS. SLASH TO LANDMARK OF ONSIDE TKL'S BUTT - KEEP INSIDE HIP RELATIONSHIP WITH OT - TKL. THINK SLASH OFF TKL.
T: TOES AT 5 YDS. BIG SLIDE TO QB - LOSE 1 YD. THEN SLASH DOWNHILL.

QB: Q: OPEN AWAY FROM CALL - GET BALL DEEP - DON'T CUT BC OFF. T: LIKE PAINT.





WHAT IF:

1. WEAK SIDE DT IN WIDE 3 TECH.
   1.1 SPREAD - STAY CALL HB PULL - TKL STAY - SLAM # - SEAL
   1.2 TRIPS - AUDIBLE

2. WEAK SIDE 43 ET/TE/PINCHES - GAME PLAN STAY CALL OR AUDIBLE

TABLE OF CONTENTS

(60-70 HOLE PLAYS)

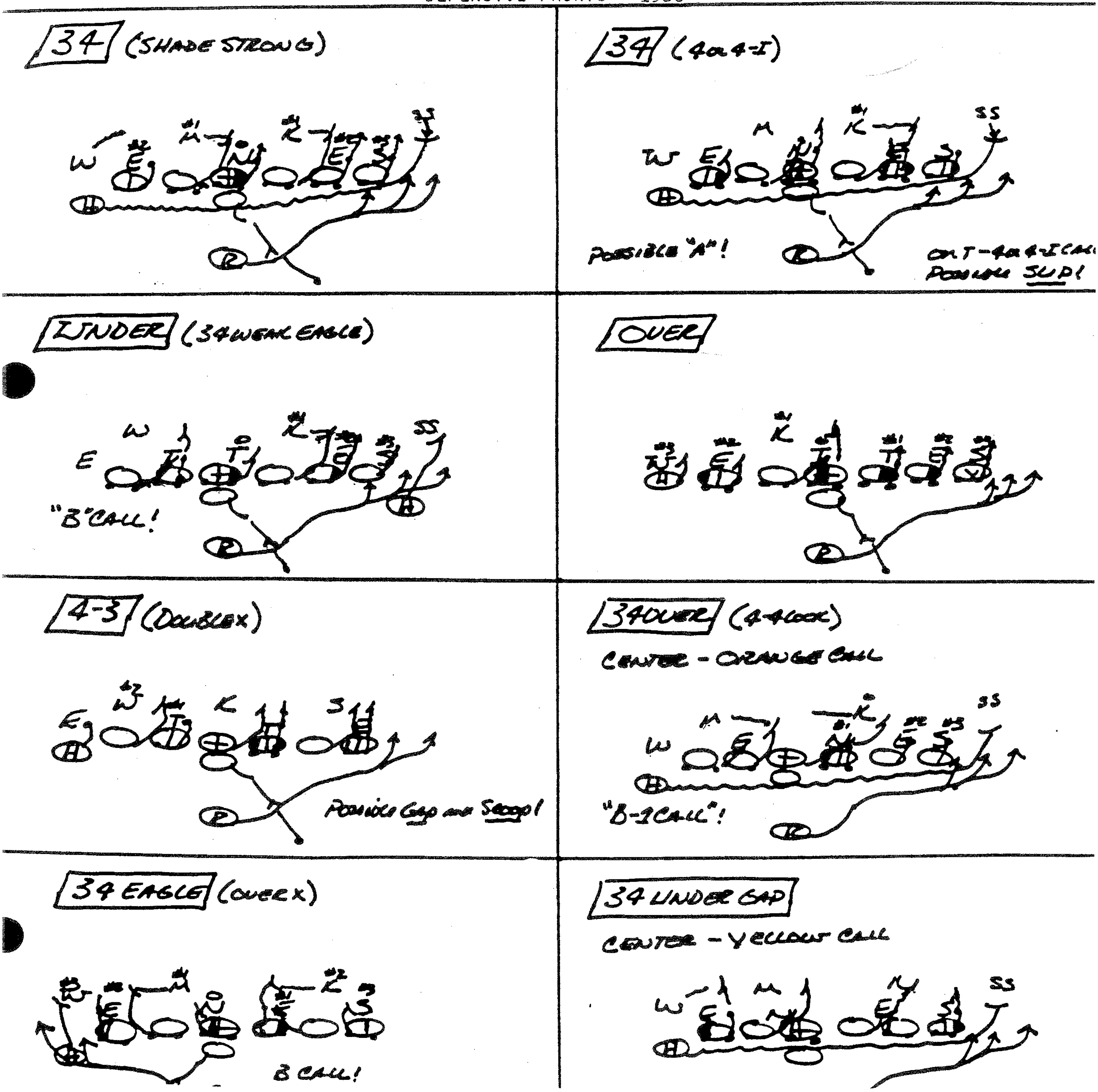
RUNNING GAME

PLAY NO.

60-70 OUTSIDE

This play is designed to be an outside running play whereby our "R-BACK" will initially stretch the defense to the outside while option running off our tight ends' block. Our offensive line will use FULL ZONE BLOCKING principles - It is important to get movement off the LOS before working your "butt" into the hole!

DEFENSIVE FRONTS - 1986



RUNNING GAME

PLAY NO.

60-70 OUTSIDE

RULES - TECHNIQUES - COACHING POINTS:

C - MAN BLOCKING - Over - (PLAYSIDE GAP TECHNIQUE) - If covered by a down lineman - Read his alignment. If nose/tackle is head up on alignment - step with playside foot - drive block playside number to armpit - work level 1 to level 2 for backside linebacker! If nose/tackle shaded weak - step with backside foot - drive on playside number to armpit - work level 1 to level 2. If nose/tackle shaded strong (playside) - dip under his pads - drive on playside thigh and work to square shoulders to LOS.

CALLS TO BE ALERT FOR:

a) ORANGE OR YELLOW - Your call - if uncovered - make color call to alert offensive line which side "O" is for counting and rule interpretation.

b) GAP - Zone with onside guard - Short lead step - cross over - plant - drive under his pads for playside thigh - work to square shoulders to LOS.

c) "A" CALL or NAME CALL - Your call - Alert backside guard to full zone - cutoff nose/tackle.

ON G - MAN BLOCKING - #1 - (Drive Technique - Outside number) If #1 is a LBer - ZONE STEP - Step with playside foot for a point inside defensive end's near hip - Read his charge or reaction. If #1 is a down lineman, read his alignment - if head up to outside eye or shoulder (2 or 3 Technique) - drive on outside number to armpit - get movement off LOS THEN work "butt" to play hole side!

CALLS TO BE ALERT FOR:

a) GAP - Your call - If covered by a down lineman aligned inside eye or shoulder - Zone with center - Step with inside or near foot - as if to block his near number - work level 1 to level 2 for middle to onside linebacker.

b) SLIP - Full Zone Blocking Scheme - This is an alert to block the defender aligned on your onside tackle - if he slants towards you or steps up the field - block him under the chin and up the field. If he locks on to the tackle work to 2nd level and block the playside number of the linebacker.

ON T - MAN BLOCKING - #2 - (Drive Technique - Outside number) If #2 is a down lineman, read his alignment - if outside eye or shoulder (5 Technique) - drive on outside number to armpit - get movement off LOS THEN work "butt" to play hole side. If #2 is a LBer - ZONE STEP - step with playside foot for a point inside the hip of the defender aligned on "Y OR H". Read his charge or reaction.

CALLS TO BE ALERT FOR:

a) ORANGE OR YELLOW - Center is alerting you in your rule interpretation that #2 is always the defender aligned on or outside of you.

b) SLIP - Your call - Full Zone Blocking Scheme - If defender aligns in a 4 (head up) or 4-1 (inside eye or shoulder) alignment, make a SLIP CALL. Take an outside release by using a cross-over step - bump off - continue to the 2nd level to seal or drive on the scrape off LBer - may run with LBer but don't allow him to cross your face.

c) SCOOP - This is an alert to block the defender aligned on "Y OR H" - if he slants towards you - block him under the chin and up the field. If he locks on to the tight end - work to 2nd level and block the playside number of the linebacker. If linebacker is HEAD UP or INSIDE on alignment - be alert to make a MAN CALL!

OFF G - MAN BLOCKING - #1 - (PLAYSIDE GAP TECHNIQUE) - If #1 is a LBer - ZONE STEP - step with playside foot for a point inside the hip of the nose/tackle - Read his charge or reaction. If #1 is a down lineman, read his alignment to cut off using a scramble or scramble-squeeze technique.

CALLS TO BE ALERT FOR:

a) "A CALL" OR NAME CALL - This is a call to alert you to full zone backside - be alert to cut off defender aligned on center.

b) "B CALL" - Your call - if #1 is a down lineman and he is aligned outside eye or shoulder -and tackle is covered by a linebacker. ZONE between you and offside tackle.

c) "B-1 CALL" OR NAME CALL - Your call - if #1 is a down lineman and there is a linebacker in the general area - Full Zone Backside - Dip your backside shoulder and hip and explode to level 2 to block linebacker either chop or seal!

OFF T - MAN BLOCKING - #2 (PLAYSIDE GAP TECHNIQUE) - If #2 is a down line man, Read his alignment to cut off using either a scramble or scramble-squeeze technique. If #2 is a linebacker, explode for the hip of the next down lineman playside then upfield to level 2 to block the linebacker--either chop or seal

CALLS TO BE ALERT FOR:

a) "B CALL" - Full zone backside with offside guard. Step at the hip of the 3 technique to punch and pass to the guard. If he SLANTS towards you - lock-on - and drive him up the field!

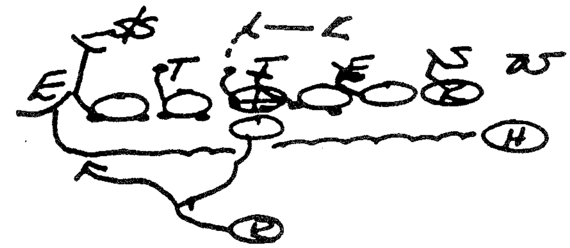
b) "B-I CALL"- Cut off the defender aligned on the offside guard - step with near foot - aim for his playside thigh - may wish to chop his legs from under him.

BASTARD LOOKS - Will require special blocking. The key will be the center's call of BULLETS! Upon hearing the call of "BULLETS", the onside tackle will determine the blocking scheme to be used by the alignment of the linebacker. If the linebacker is aligned inside towards the CENTER-BOX the tackle will make a DUCE-IT-CALL and the guard and tackle will execute this scheme. If the linebacker is aligned over the tackle -- the tackle will make a SCOOP CALL and zone with either the tight end or H-back aligned to play side!

BULLETS - DUCE-IT CALL



BULLETS - SCOOP CALL



RUNNING GAME

PLAY NO.

60-70 OUTSIDE

"Y" Man Blocking #3

ONSIDE	OFFSIDE
Same as 40 Gut - landmark is the outside breast to the armpit - get movement off the ball before working your butt to the hole.	Cut off #3
Same as 40 Gut on 6, 7, and 9 technique.	

"H-BACK" Man Block

TOY - Block #4	ONSIDE	OFFISDE
Arc Block	#3 Same as Y Above	Same as Y Above

"R-BACK" RULE: BALL CARRIER

TECHNIQUE - Lead step to inside leg of TE ("Y's" alignment) plant and sprint towards the sideline while reading the block of the TE and/or H. (Stretch the defense).

"QB" Reverse ball handling; open away from hole and get ball deep to ball carrier.

"X" RULE: Onside - If "H" to your side block deep 1/3.
- If "H" is away block MDM
- If in slot block MDM

Backside - Near Back

TECHNIQUE: Onside - Stalk
Backside - Crossfield

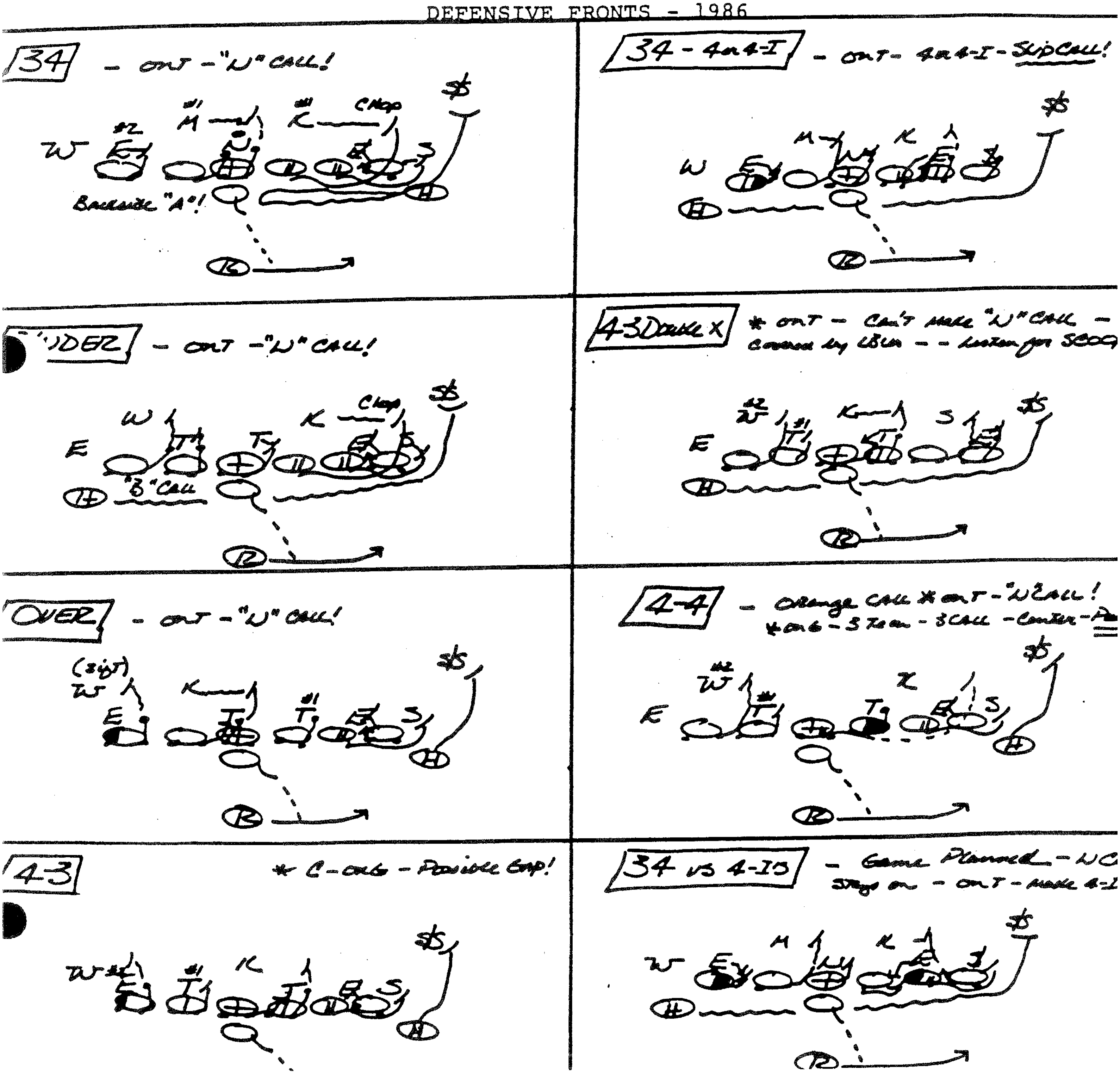
RUNNING GAME

PLAY NO.

TOSS 60-70 OUTSIDE

TOSS means that the Quarterback will pitch the ball to the "R-BACK" rather than handing the ball off. We will allow the ONSIDE TACKLE to make a "U" CALL to the TIGHT END or "H-BACK" if covered by a loose playing 5 TECHNIQUE. This is a change of assignments between tackle and tight end or H-back in the blocking scheme.

DEFENSIVE FRONTS - 1986



RUNNING GAME

PLAY NO.

TOSS 60-70 OUTSIDE

RULES - TECHNIQUES - COACHING POINTS:

C MAN BLOCKING - over - (PLAYSIDE GAP TECHNIQUE). Same as 60-70 Outside.

CALLS TO BE ALERT FOR:

a) ORANGE or YELLOW - Your call - if uncovered - same as 60-70 Outside!

b) GAP - Zone with onside guard - same as 60-70 Outside!

c) "A" CALL or NAME CALL - Your call - alert backside guard to full zone - same as 60-70 Outside.

NOTE: With color call onside (Orange or Yellow) and guard covered by a 2 or 3 technique - PULL for onside linebacker like in 80-90 Truck!

ON G MAN BLOCKING - #1 -(DRIVE TECHNIQUE - OUTSIDE NUMBER). Same as 60-70 Outside. If #1 is a LINEBACKER and onside tackle has made a "U" CALL, pull towards the point of attack - first opening you see - explode up thru the hole and chop the playside knee of the linebacker. As you start your pull, "eyeball" the linebacker on your first two steps so he doesn't run in behind you!

CALLS TO BE ALERT FOR:

a) GAP - Your call - if covered by a down lineman aligned inside eye or shoulder - same as 60-70 Outside!

ON T MAN BLOCKING - #2 - If #2 is a down lineman, read his alignment - if outside eye or shoulder or in a loose position - make a "U" CALL" to tight end or H-Back! Pull to block the outside linebacker aligned on tight end or H-Back. As you start your pull -- get width and depth -- try and hook the outside shoulder of the linebacker -- dip under his pads and explode up thru him. If he will not allow you to hook him - fight to maintain the block and kick him to outside. If defender aligns in a 4 or 4-I - use SLIP BLOCKING - FULL ZONE BLOCKING SCHEME. If #2 is a LINEBACKER - ZONE STEP - scoop with the tight end.

CALLS TO BE ALERT FOR:

a) ORANGE or YELLOW - Same as 60-70 Outside!

b) SLIP- Your call - same as 60-70 Outside!

c) SCOOP - Full zone with "Y" or "H"! Same as 60-70 Outside!

OFF G MAN BLOCKING - #1 - (PLAYSIDE GAP TECHNIQUE). Same as 60-70 Outside!

OFF T MAN BLOCKING - #2 - (PLAYSIDE GAP TECHNIQUE). Same as 60-70 Outside!

RUNNING GAME

PLAY NO.

60-70 OUTSIDE

"Y" RULE: Man Block #3

ONSIDE

Same steps as 40 Gut - landmark is the outside breast of the armpit - get movement off the ball before working your butt to the hole

Same as 40 Gut on 6, 7, and 9 Technique.

OFFSIDE

Cut Off

"H" RULE: Man Block

To Y - Block #4
Arc Block

ONSIDE

#3 Same as above for Y

OFFSIDE

Same as above for Y

"R-BACK"-Take lead (open) step and cross over (same as on 80-90 Truck) while, at the same time, read the OT's block and #3. The read on #3 shoud be the same as on 60/70 Outside.

"QB" Reverse out and toss ball to ball carrier. Keep toss out front and lead ball carrier. Finish with boot type action.

"X" Frontside - MDM, technique = Stalk
Backside - Near back,technique - crossfield.

"Z" Frontside - MDM, technique = Stalk
Backside - Near back, crossfield technique

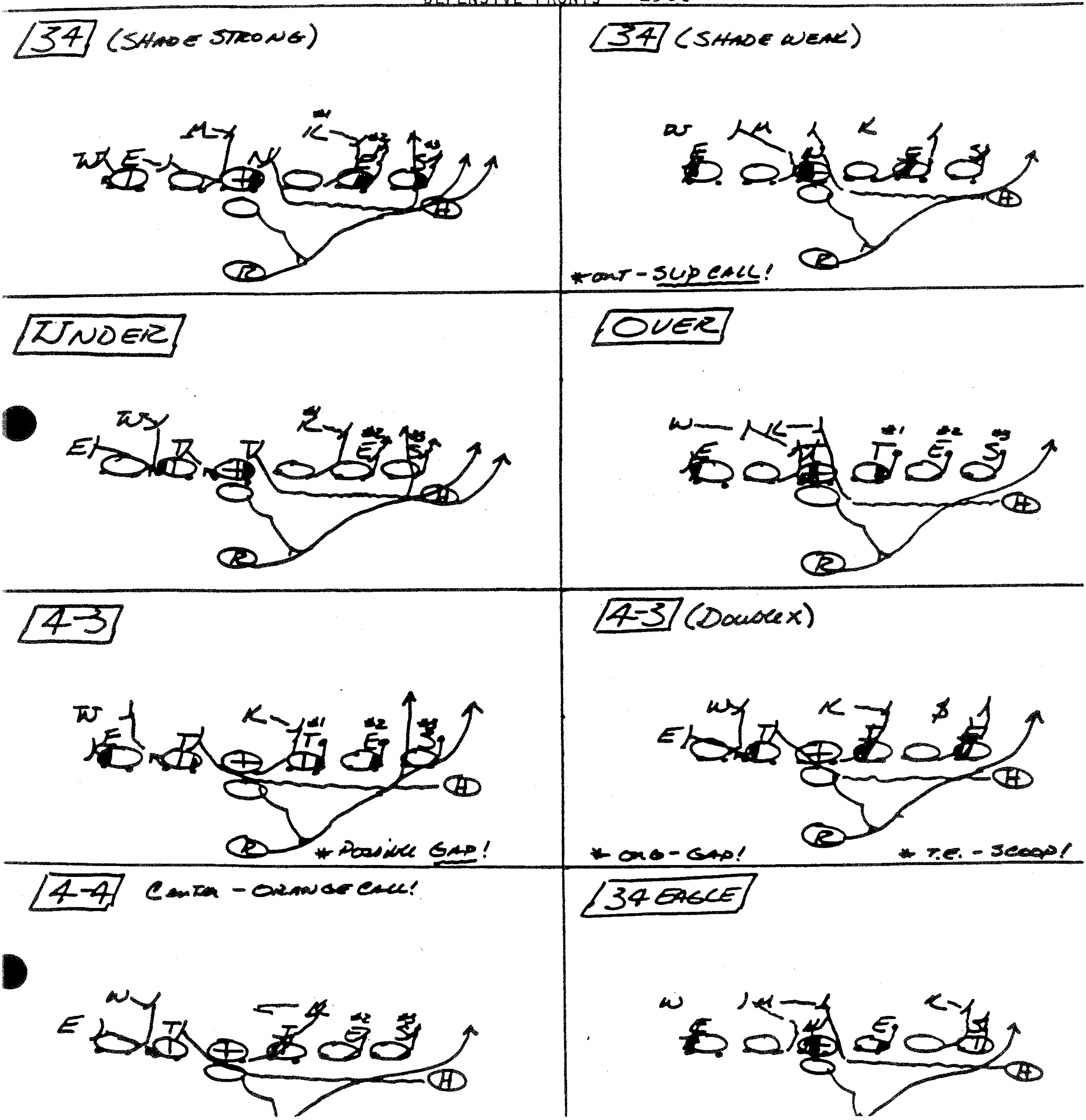
RUNNING GAME

PLAY NO.

60-70 LEAD NOSE

LEAD NOSE is a change up blocking scheme for 60-70 Outside. Lead nose blocking is the same as 40-50 LEAD NOSE. Our "H-BACK" will use BANG MOVEMENT to lead on first lineman—center box to backside.

DEFENSIVE FRONTS - 1986



RUNNING GAME

PLAY NO.

60-70 LEAD NOSE

RULES - TECHNIQUES - COACHING POINTS:

C - CALL THE FRONT - a) ODD - covered by a down lineman; b) EVEN - covered by a linebacker.

ODD CALL - Block backside (PICK-IT) - If nose guard shaded backside - block under the chin - high pressure control.

EVEN CALL - Same as 60-70 Outside

CALLS TO BE ALERT FOR:

a) ORANGE OR YELLOW - Same as 60-70 Outside

b) GAP - Same as 60-70 Outside

ON G - MAN BLOCKING - #1 - (DRIVE TECHNIQUE - OUTSIDE NUMBER)

CALLS TO BE ALERT FOR:

a) GAP - Your call - Same as 60-70 Outside

b) SLIP - Full zone blocking

ON T - MAN BLOCKING - #2 - (DRIVE TECHNIQUE - Outside Number)

CALLS TO BE ALERT FOR:

a) SLIP - Your call - Same as 60-70 Outside

b) SCOOP - Full Zone Blocking - Same as 60-70 Outside

OFF G - If covered by a LINEBACKER - Take a short lead step with playside foot - explode to 2nd level to block playside number of linebacker. If nose/tackle loops into you - get movement on this defender as you work to 2nd level - look for outside linebacker (WILL BACKER). If covered by a DOWN LINEMAN - Block next defender to your outside on or off LOS, take a short lead step with near foot and explode. NOTE: If tackle is covered by a linebacker block the defensive end.

OFF T - If covered by a LINEBACKER - Take a short lead step with playside foot - explode to 2nd level to block playside number of linebacker. If covered by a DOWN LINEMAN - block next defender to your outside on or off LOS. Take a short lead step with near foot and then explode - Block the defender's near number using an angle drive technique. If defender aligned on you loops or works to your outside, lock-on and maintain the block using short choppy steps. NOTE: Take a 3 FOOT SPLIT on this play so you don't get caught in the TRASH.

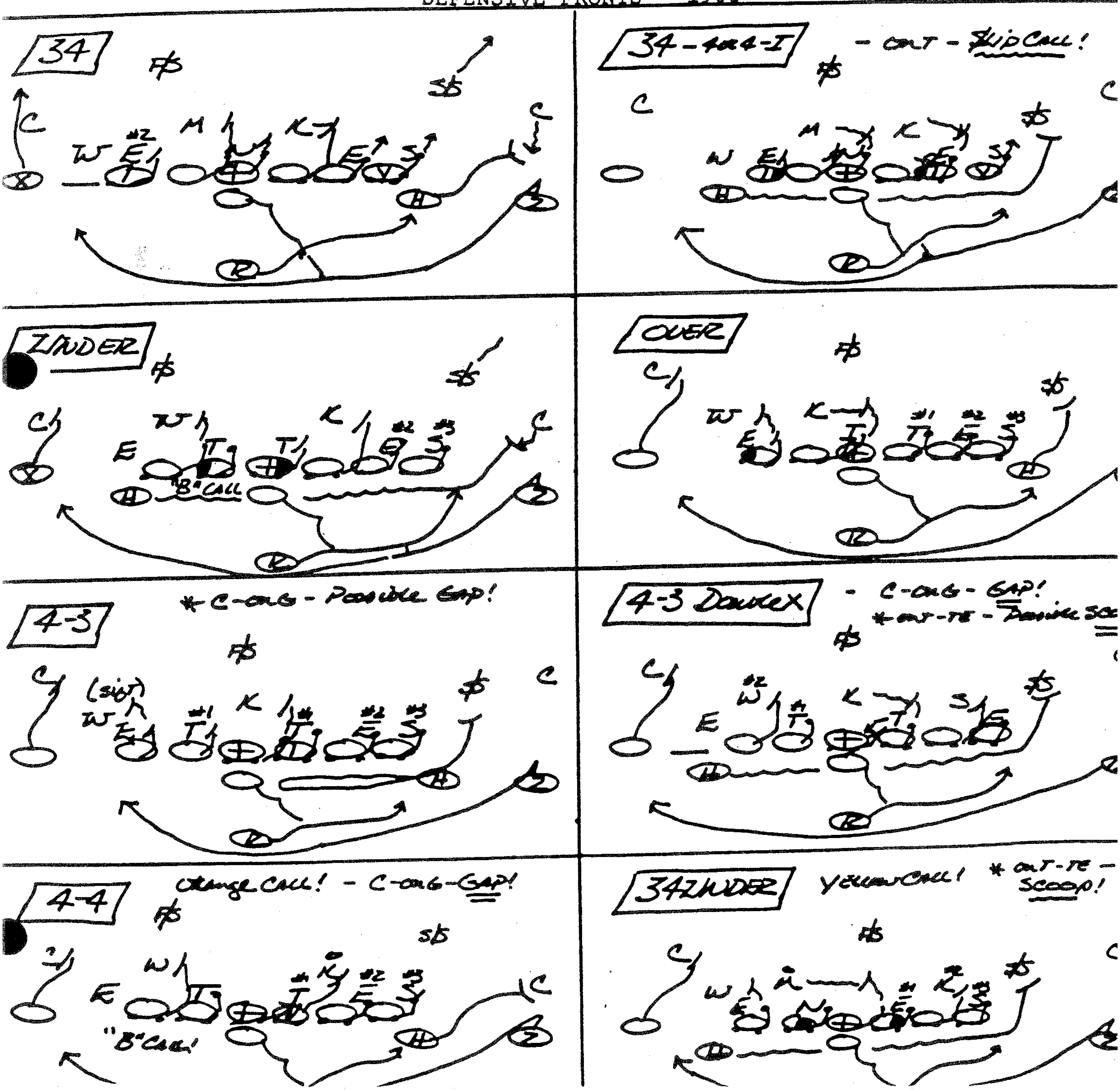
RUNNING GAME

PLAY NO.

60-70 OUTSIDE - GHOST

This play is 60-70 OUTSIDE -- faking the WIDE REVERSE to either "X" or "Z"! This is a CHANGE UP SCHEME that will be used when defensive secondaries over-react to stopping the REVERSE!

DEFENSIVE FRONTS - 1986



RUNNING GAME

PLAY NO.

60-70 OUTSIDE - GHOST

RULES - TECHNIQUES - COACHING POINTS

C - MAN BLOCKING - OVER - (PLAYSIDE GAP TECHNIQUE) Same as 60-70 Outside!

CALLS TO BE ALERT FOR:

A) ORANGE or YELLOW CALL - Your call - Same as 60-70 Outside!

B) GAP - Zone with onside guard - Same as 60-70 Outside!

C) "A CALL" or NAME CALL - Your call - Same as 60-70 Outside!

ON G - MAN BLOCKING - #1 - (DRIVE TECHNIQUE - OUTSIDE NUMBER) Same as 60-70 Outside!

CALLS TO BE ALERT FOR:

A) GAP - Your call - Same as 60-70 Outside!

B) SLIP - Full Zone Blocking - Same as 60-70 Outside!

ON T - MAN BLOCKING - #2 - (DIRVE TECHNIQUE - OUTSIDE NUMBER) Same as 60-70 Outside!

CALLS TO BE ALERT FOR:

A) SLIP - Your call - Same as 60-70 Outside!

B) SCOOP - Full Zone with "Y or H" - Same as 60-70 Outside!

OFF G - MAN BLOCKING - #1 - (PLAYSIDE GAP TECHNIQUE) Same as 60-70 Outside!

CALLS TO BE ALERT FOR:

A) "A CALL" or NAME CALL - Alert to Full Zone - Same as 60-70 Outside!

B) "B CALL" - Your call - Same as 60-70 Outside!

C) "B-1 CALL" or NAME CALL - Your call - Same as 60-70 Outside!

OFF T MAN BLOCKING - #2 (PLAYSIDE GAP TECHNIQUE).Same as 60-70 Outside!

<u>CALLS TO BE ALERT FOR:</u>

a) "B CALL" - Zone with offside guard! Same as 60-70 Outside!

b) "B-I CALL" - Cutoff the defender aligned on the guard! Same as 60-70 Outside!

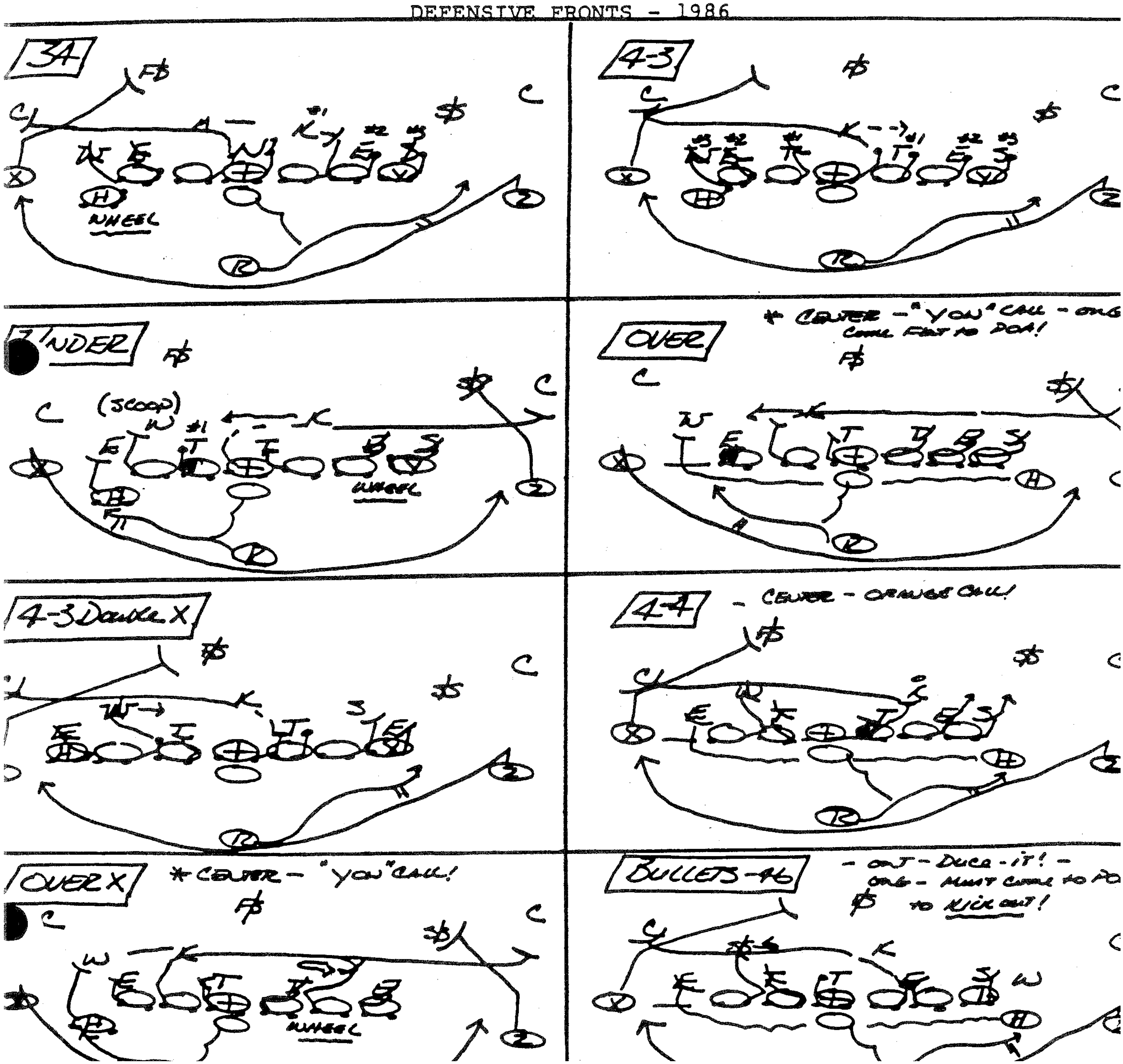
RUNNING GAME

PLAY NO.

60-70 OUTSIDE - "Z" or "X" REVERSE

This is a WIDE REVERSE to either our "Z" or "X" receiver that will burn a defense that is over reacting to 60-70 OUTSIDE! If executed properly, this can and will be a BIG PLAY in our offensive attack!

DEFENSIVE FRONTS - 1986



RUNNING GAME

PLAY NO.

60-70 OUTSDIE - Z or X REVERSE

RULES - TECHNIQUES - COACHING POINTS

C - MAN BLOCKING - OVER - (PLAYSIDE GAP TECHNIQUE) Block towards the action called - 60 or 70 outside. If covered by a down lineman - read his alignment - explode off the LOS as if to block 60 or 70 outside. If nose/tackle is working that way, lock-on and maintain the block. If nose/tackle slants away or you release to 2nd level - come behind the backside linebacker and parallel to LOS - looking to kick corner or support man to outside. As you approach the support man - throttle down and get a base! If covered by a linebacker or uncovered - explode thru playside gap to 2nd level - come behind the backside linebacker and parallel to the LOS - kick the corner or support man to outside.

CALLS TO BE ALERT FOR:

A) ORANGE or YELLOW CALL - If uncovered make a color call to alert offensive line which side "0" is for counting and rule interpretation.

B) YOU CALL - Your call - If you are covered by a down lineman and backside guard is covered by a down lineman - this is to alert the onside guard that he has the SUPPORT MAN!

ON G - MAN BLOCKING - #1 - (DRIVE TECHNIQUE-OUTSIDE NUMBER) Same as 60-70 Outside - Note: We will game plan GAP CALL - if 1 TECHNIQUE block him under the chin!

CALLS TO BE ALERT FOR:

A) YOU CALL - Center is telling you to block the support man. Take a ZONE STEP - and explode to 2nd level - come behind the backside linebacker and parallel to the LOS - looking to kick the corner or support man outside! As you approach the support man - throttle down and get a base!

ON T - MAN BLOCKING - #2 - (DRIVE TECHNIQUE-OUTSIDE NUMBER) Sameas 60-70 Outside!

CALLS TO BE ALERT FOR:

A) ORANGE or YELLOW CALL - Center is alerting you in your rule interpretation that #2 is always the defender aligned on or outside of you!

B) SLIP - Your call - Full Zone Blocking Scheme - Same as 60-70 Outside

PLAY NO.

60-70 OUTSIDE Z OR X REVERSE

CALLS TO BE ALERT FOR (cont.)

C) SCOOP - This is an alert to block the defender aligned on "Y" or "H". Same - as 60-70 Outside.

OFF G - MAN BLOCKING - #1 - (PLAYSIDE GAP TECHNIQUE) If #1 is a linebacker, ZONE STEP towards hip of the nose/tackle - Read his charge or reaction. PUNCH and PASS him on to the center unless he slants towards you - then block him under the chin! As you work to the 2nd level - come behind the backside linebacker and parallel to the LOS - look to kick the corner or support man to the outside. As you approach the support man - throttle down and get a base! If #1 is a down lineman; read his alignment to cut off using either a scramble or scramble-squeeze Technique.

OFF T - MAN BLOCKING - #2 (WHEEL TECHNIQUE). Take short lead step with playside foot (inside foot) as if to cutoff. Second step (outside foot) "ROCK-OUT" and log outside number of the defender. STICK and STAY with the defender -- movement off the LOS is not necessary - but maintaining the block is a MUST. If defender pinches inside -- drive him as far to the onside as possible. If #2 is a linebacker -- step hard towards the hip of the defender aligned on the guard -- punch and pass - get wideth back towards the hole to seal the linebacker!

RUNNING GAME

PLAY NO.

60 OUTSIDE Z or X REVERSE

"Y" **RULE:** Man Block #3

ONSIDE	OFFSIDE
Block 60 Over	Wheel technique - short lead step with playside foot (insic foot) as if to cut off - 2nd step (outside foot) rock out and log outside number of defender. Stick and Stay - movement not necessary - maintain a must.

"H" **RULE:** Man Block #3

ONSIDE	OFFSIDE
Block 60 Outside	Same as Y

"R-BACK" Run 60-70 Outside and hand off to Z or X on Reverse, make a good hand off. See ball in.

"Q" 60-70 Outside ball handling; carry out hand off and become lead blocker on Reverse.

"X" Frontside - MDM out of secondary (Stalk)

Backside - Ball carrier

"Z" Frontside - MDM out of secondary (Stalk)

Backside - Ball carrier

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(80-90 HOLE PLAYS)

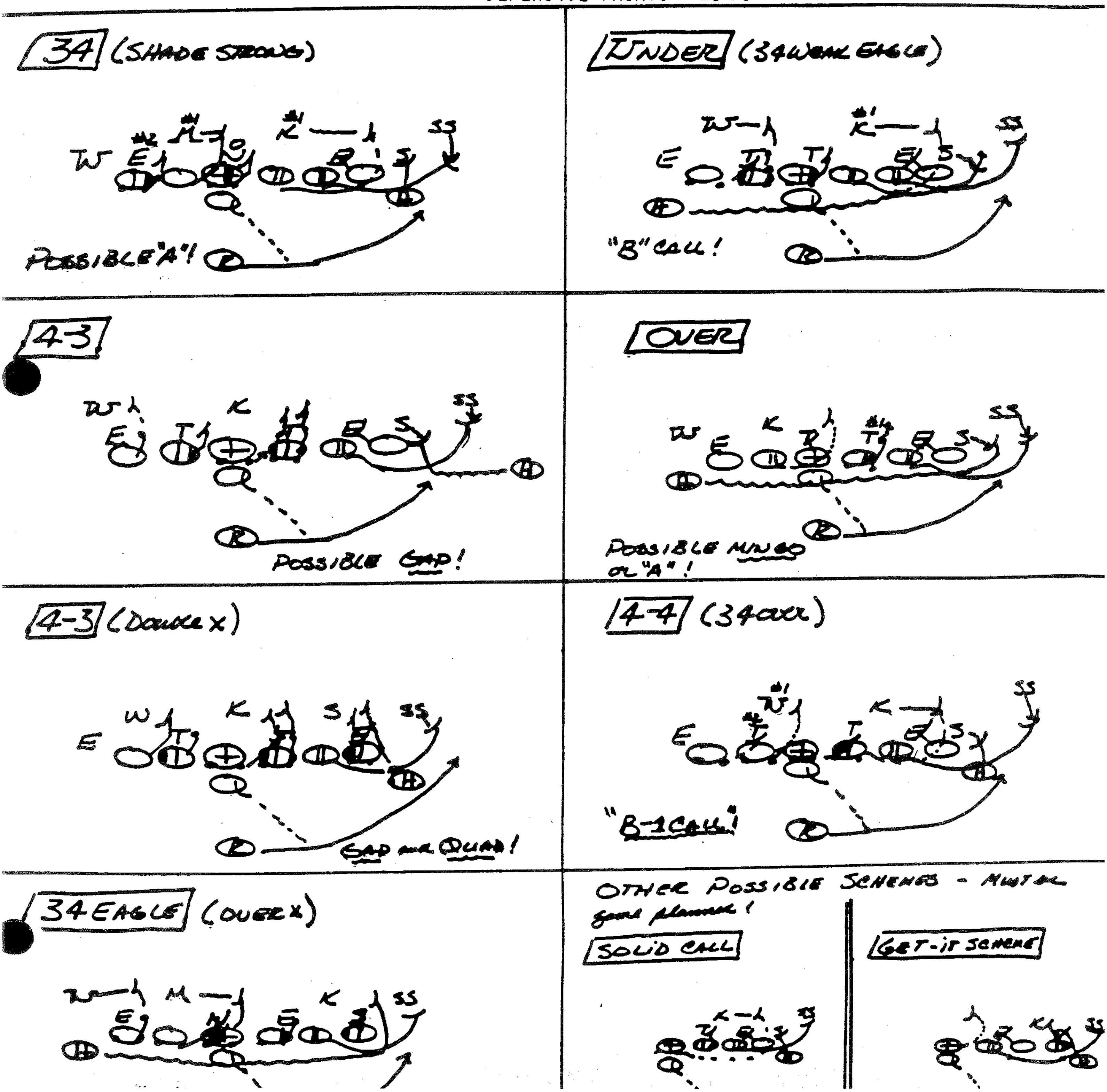
RUNNING GAME

PLAY NO.

80-90 TRUCK

This is our PITCH SWEEP to our "R" Back that will be run to the closed side of the formation. Our back will stretch the defense by showing speed to outside while looking for the first 4 yard opening. Our "Y" and "H" will seal the inside while our onside tackle will block first support!

DEFENSIVE FRONTS - 1986



RUNNING GAME

PLAY NO.

80-90 TRUCK

RULES - TECHNIQUES - COACHING POINTS:

TS: splits (2-2-2) - Give us a ... ay!

C - MAN BLOCKING - Over - (PLAYSIDE GAP TECHNIQUE) - If covered by a down lineman - Read his alignment. If nose/tackle is head up on alignment - step with playside foot - drive block playside number to armpit - work level 1 to level 2 for backside linebacker. If nose/tackle shaded weak - step with backside foot - drive on playside number to armpit - work level 1 to level 2. If nose/tackle shaded strong (playside) - dip under his pads - drive on playside thigh and work to square shoulders to LOS. If covered by a linebacker or uncovered - listen for guards call - 1 or 3 call to block either down lineman or linebacker!

CALLS TO BE ALERT FOR:

a) 1 CALL - Full reach on defender aligned on the onside guard.

b) GAP - Zone with onside guard - short lead step - cross over - plant - drive under his pads for playside thigh - work to square shoulders to LOS!

c) 3 CALL - Block middle or onside linebacker - may either zone step to 2nd level or pull for the linebacker. If you use pull technique - must "eye-ball" linebacker on your first two steps so he doens't run in behind you!

ON G - MAN BLOCKING - #1 - If #1 is a linebacker (3-4 look) PULL - getting width and depth - "eyeball" linebacker on first two steps - be alert he doesn't try to run in behind you as you pull - As you pull - read the block on the end man on LOS - turn upfield on 1st opening you see to either SEAL or CHOP the onside linebacker. If #1 is a down lineman - Read his alignment and make the proper call!

CALLS TO BE ALERT FOR:

a) 1 CALL - Head up to inside eye or shoulder - make 1 call - if LBer aligned outside of you - Pull and block onside linebacker - If linebacker stacked or inside over center - GAP CALL - Zone to 2nd level and seal linebacker!

b) 3 CALL - Outside eye or shoulder - drive block - outside number to armpit - get movement off LOS before working "butt"to hole!

ON T - PULL - getting some width and depth and block first support. As you pull - read the block of our "H" Back to find access path to support man. Block support man thru his numbers to his chin - Put him in the NICKEL SEATS or on his back!

OFF G - MAN BLOCKING - #1 - (PLAYSIDE GAP TECHNIQUE) - Same as 40-50 Gut; 60-70 Outside. As you work to 2nd level - may chop playside leg of linebacker rather than driving on his playside number. If #1 is a down lineman, read his alignment to cut off using either a scramble or scramble-squeeze technique.

CALLS TO BE ALERT FOR:

a) "A CALL" OR NAME CALL - Alert you to Full Zone Backside!

b) "B CALL" - Your call - Full Zone Backside - Tight release from Level 1 to Level 2!

c) "B-I CALL" OR NAME CALL - Your call - covered by a down lineman and linebacker in general area - Full Zone Backside - Dip your backside shoulder and hip and explode to level 2 to block backside linebacker - may Chop!

NOTE: MINGO CALL - Game planned scheme - between Center and offside guard. Center make call - man blocks "0" Technique using High Pressure Control - Guard pulls toward POA for backside linebacker. This will be a good change up scheme versus teams that have their nose/tackle grab our center to keep him from getting to 2nd level for backside linebacker!

OFF T - MAN BLOCKING - #2 - (PLAYSIDE GAP TECHNIQUE) - Same as 40-50 Gut; 60-70 Outside. If #2 is a linebacker, explode for the hip of the next down lineman playside then upfield to level 2 to Chop playside leg of linebacker!

CALLS TO BE ALERT FOR:

a) "B CALL" - Full zone backside with offside guard. Step at the hip of the 3 technique to punch and pass to the guard. If he SLANTS towards you - lock-on - and drive him up the field.

b) "B-I CALL" - Cut off the defender aligned on the offside guard - step with near foot - aim for his playside thigh - may wish to chop his legs from under him.

RUNNING GAME

PLAY No.

80-90 TRUCK

"Y" — RULE: 1st inside on or off the LOS.

ONSIDE

Down Block Technique
Read lineman's alignment on or off the ball.

SNUG: Short inside step driving head gear hard for inside number - upon making contact, whip your hips high and up the field. (very important point). Must stop penetration.

LOOSE OFF THE BALL: Balance step with outside foot and then drive with inside foot to block near number. Pin defender inside - away from P.O.A. Must pin defender inside.

QUAD: Tight end your call - when tackle is covered by linebacker and there is no Orange or Yellow call. Team block between Y & H.

"H" — RULE: Man Block #3 - onside away from Y - same as Y

ONSIDE	OFFSIDE
Down block #3 Alert for Quad.	Cut off #3

"R" — RULE: Play carrier

TECHNIQUE: Open, step, crossover, take pitch and sprint towards the sideline while reading the block of the onside tackle.

"QB" — Wide, reverse pivot and pitch ball to "R"

"X" — RULE: Block the corner
Backside: Near Back

TECHNIQUE: Stalk (outside number)
Backside: Crossfield technique

"Z" — RULE: Block secondary support; (Possible Zip with "Z" on crack)
Backside: Near back

TECHNIQUE: Stalk (outside number)
Backside: Crossfield technique

RUNNING GAME

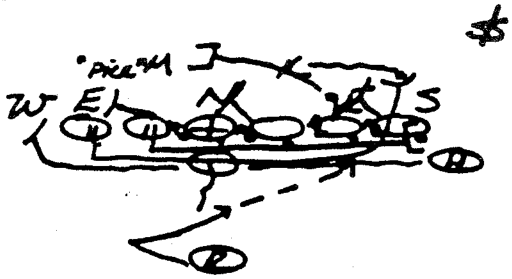
PLAY NO.

JAB 80-90 SWEEP

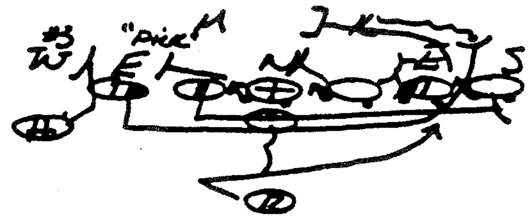
This play initially misdirects the defense thru blocking scheme and backfield action. The JAB ACTION by the "R-BACK" should misdirect the defense enough to give our offensive line excellent blocking angles at the point of attack. QUARTERBACK -- this play will basically be run to the tight side of the formation - we will game plan when we want the play run to the OPEN END SIDE!

DEFENSIVE FRONTS - 1986

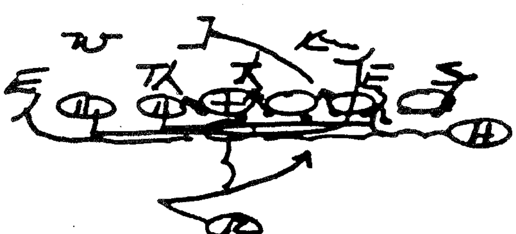
34 * ON T - 5 CALL! Take a Tight Release!



34 - 4 or 4-I * ON T - 4 or 4-I CALL!

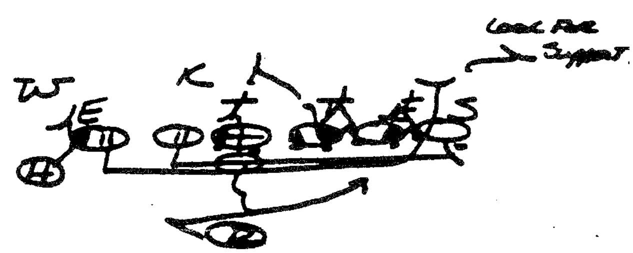


UNDER - ON T - LOOSE 5 - "FIRE" CALL
* ON G - Trap 6 Tech Man

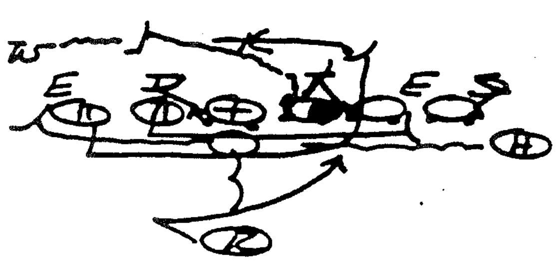


* CENTER - ODD - OFF CALL!

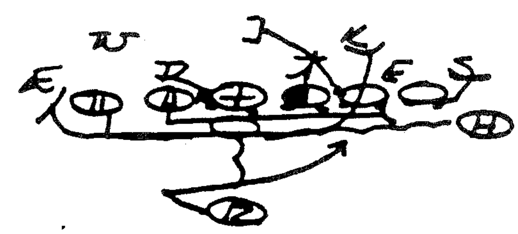
OVER - ON G - 3 CALL! Take a Tight Release!



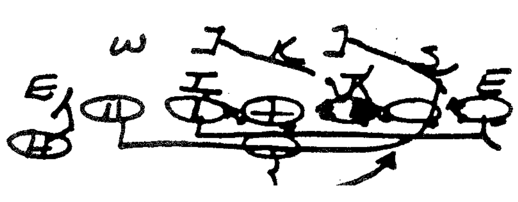
4-3 - ON T - LOOSE 5 - "FIRE" CALL!
* ON G - 3 CALL - Take a Tight Release!



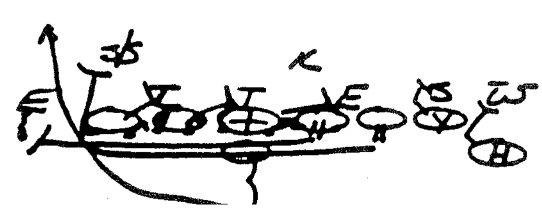
4-4 * ON G - 1 CALL - Block under Ch...
* ON T - LOOSE 5 - "FIRE" CALL!



4-3 DOUBLE X ON G - 3 CALL - Take a Tight Release!



BULLETS-46 - Game Planned - OPEN END SIDE



RUNNING GAME

PLAY NO.

JAB 80-90 SWEEP

RULES - TECHNIQUES - COACHING POINTS:

C

BACKSIDE GAP - "PICK" the defensive end backside. Short lead step with backside foot - "Pick" anything backside.

CALLS TO BE ALERT FOR:

a) ODD-OFF - Your call - if covered by a down lineman and backside guard is covered by a down lineman. Block backside - step with near foot and drive your head gear under defender's chin for number -- this will stop the defender from gaining penetration.

ON G

MAN BLOCKING - #1 - If #1 is a linebacker, block inside on the nose/tackle. Step for hip and block near number. If hip goes away, explode upfield to second level and block backside linebacker. If ODD-OFF CALL is made - use REVERSE CRAB TECHNIQUE! If #1 is a down lineman - read his alignment and make the proper calls!

CALLS TO BE ALERT FOR:

a) 1 CALL - (HEAD UP OR INSIDE EYE OR SHOULDER) - block the defender under the chin - step with inside foot!

b) 3 CALL - (OUTSIDE EYE OR SHOULDER) - Take a TIGHT INSIDE RELEASE - whip your playside arm up thru his inside number - work to the 2nd level to block the backside linebacker -- THROTTLE DOWN and GET A BASE!

ON T

BLOCK 1st INSIDE - on or off LOS! If covered by a down lineman, read his alignment. 5 TECH -make a 5 Call - Take TIGHT INSIDE RELEASE - whip your playside arm up thru his inside number - block onside linebacker if he "DOGS" to backside linebacker -- THROTTLE DOWN and GET A BASE! 4 TECH - (HEAD UP) - make 4 call and block defender under chin - step with inside foot! 4-I TECH - (INSIDE EYE OR SHOULDER) - make 4-I call and block defender under the chin - drive him to inside as far as possible. If covered by a linebacker or uncovered listen for alignment call from onside guard.

CALLS TO BE ALERT FOR:

a) 1 CALL - Take TIGHT INSIDE RELEASE - block onside to backside linebacker!

b) 3 CALL - Block 3 TECHNIQUE - explode through his neck driving your head gear through his ear hole!

c) "FIRE CALL"- Your call - if covered by a loose 5 TECHNIQUE or defender in 5 GAP AREA ("C" GAP), make FIRE CALL. Take inside release - block onside to backside linebacker! NOTE: Versus certain teams this can be game planned if their 5 technique steps out towards tight end!

OFF G — Pull flat down the LOS and TRAP (inside-out) the outside linebacker or end man on LOS!

CALLS TO BE ALERT FOR:

a) "FIRE CALL" - Pull flat and TRAP the 5 TECHNIQUE AREA - defensive end! SHORTER TRAP!

OFF T — Pull - getting on the outside hip of your backside guard - read his block on the end man on LOS. As the guard TRAPS - turn up inside this block - look for linebacker in the hole - then back out for support!

CALLS TO BE ALERT FOR:

a) "FIRE" CALL - SHORTER TRAP - Guard is trapping the 5 TECHNIQUE AREA - turn up inside this block - look for linebacker in the hole - then back out for support!

RUNNING GAME

PLAY NO.

JAB 80-90 SWEEP

"Y" — 1st INSIDE ON OR OFF THE LOS - Be alert for your tackles call. 5 CALL - explode through the 5 technique neck driving your head gear through his ear hole. Block him as far inside as possible.

4 CALL - step at hip - punch and pass 4 technique to the tackle - work to second level and block backside linebacker.

4I CALL - combo off your onside tackles hip - work to 2nd level for backside linebacker - throttle down - get a base.

"H-BACK" — Man Blocking #3

Stationary - Cutt off #3 - step with inside foot toward the hip of the 5 technique.

Movement - Get to hip of the offside tackle's box to get inside out on #3.

NOTE: If the defensive end loops out - block him.

"R-BACK" — Short, latteral step away from direction call; then take a course parallel to LOS towards the call side. Run under control and read the block of the backside OT.

Take a short jab step towards the weakside line-backer; then , take a slight downhill course towards the callside. Take ball from Quarterback, run under control and look to read the block of the backside OT. Be alert for Fire Call; this call will let you know that the play should break inside of the onside OT.

"QB" — Reverse ball handling, get ball to the back with depth, continue to get depth as in play action pass.

"X" — Backside - Block near back.

Technique - Crossfield

If playside must block the corner.

"Z" — Frontside - Block the corner.

Technique - Stalk

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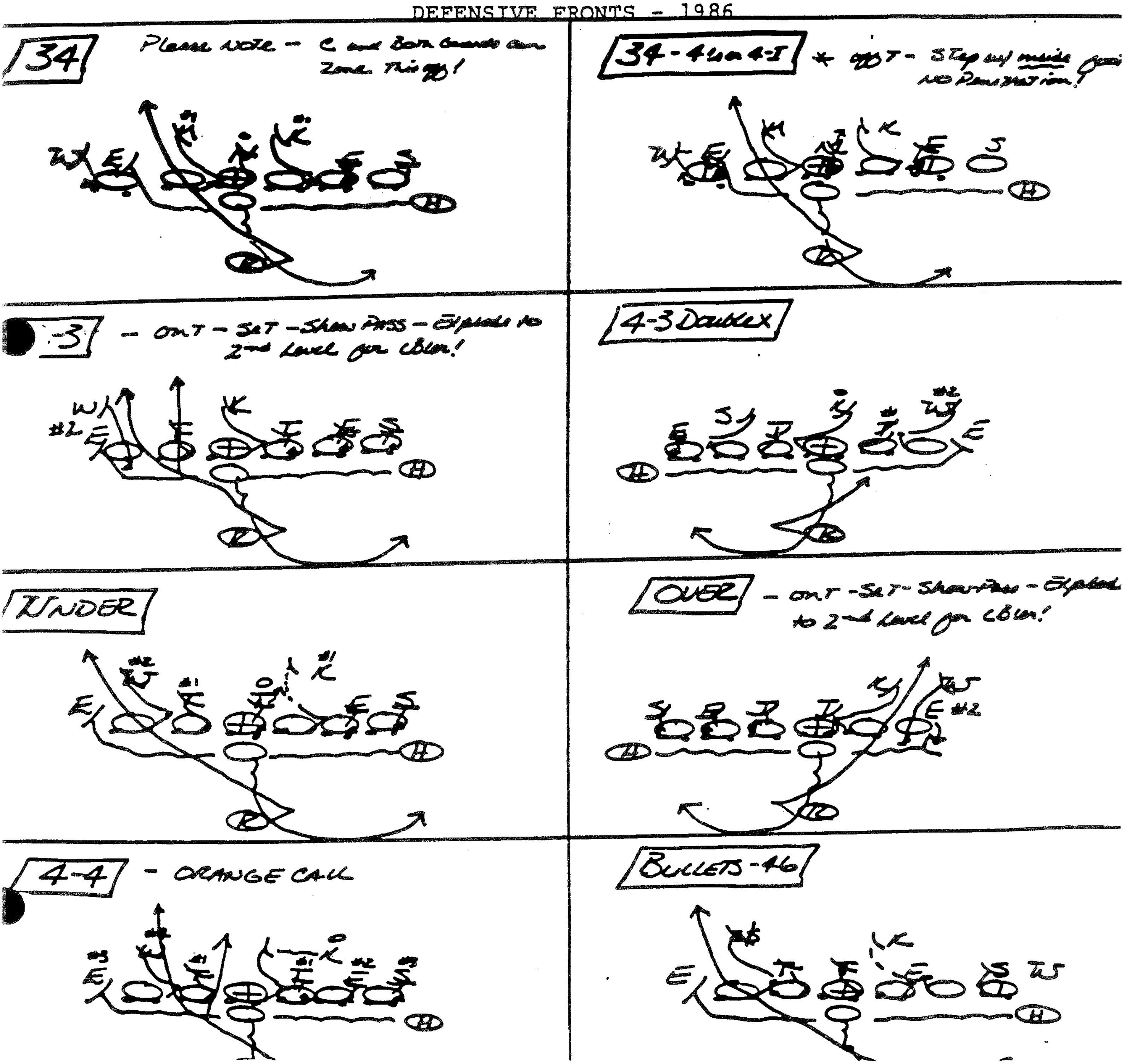
(Q; JAB; COUNTER TRAPPING GAME)

PLAY NO.

Q; JAB; or COUNTER 40-50 TRAP

We will run 40-50 TRAP from either Q; JAB; or COUNTER ACTION by our "R-BACK". These three different actions will misdirect the defense enough to allow our offensive line the opportunity to seal the inside. Our "H-BACK" will TRAP the first lineman on or outside the onside tackle's box.

DEFENSIVE FRONTS - 1986



RUNNING GAME

PLAY NO.

Q; JAB; or COUNTER 40-50 TRAP

RULES - TECHNIQUES - COACHING POINTS:

NOTE: This is a mis-direction play - in order to not tip our intentions the lineman that is covered by a linebacker will ZONE STEP with his offside foot (COUNTER 40 or 60 TRAP - LEFT FOOT; COUNTER 50 or 70 TRAP - RIGHT FOOT) towards the hip of the next down lineman - then gets width towards POA as he moves to 2nd level to block his responsibility.

C - MAN BLOCKING - "0" - (HIGH PRESSURE CONTROL TECHNIQUE) If covered by a down lineman - read his alignment - If head up or shaded - Step with near foot and block under the chin. If covered by a linebacker or uncovered - ZONE STEP with offside foot - explode to 2nd level to seal or drive on playside number of linebacker.

ON G - MAN BLOCKING - #1 - If #1 is a down lineman - read his alignment If defender is head up or outside eye or shoulder (2 or 3 TECHNIQUE) - Take a short flat step with playside foot - explode - use HIGH PRESSURE CONTROL. If covered by a linebacker - ZONE STEP with offside foot - Explode to 2nd level getting width to seal or drive on playside number of linebacker.

ON T - If covered by a down lineman, BLOCK END MAN ON LOS. Take short lead step with playside foot - Explode - block near number to armpit (ANGLE DRIVE TECHNIQUE). If defender aligned on you works to your outside across your face - LOCK ON and block him all the way ("H-BACK" will adjust). If covered by a linebacker - ZONE STEP with offside foot - explode to 2nd level getting width to seal or drive on playside number of linebacker.
NOTE: If END MAN ON LOS is aligned on you and WILL LBER is walked off the LOS - SET as on pass - as defender starts his rush upfield - Explode to 2nd level and block the Will LBer in the numbers.

OFF G - MAN BLOCKING - #1 - If #1 is a down lineman - block under the chin (DRIVE TECHNIQUE) If covered by a linebacker - ZONE STEP with offside foot - Explode to 2nd level getting width to seal or drive on playside number of linebacker.

OFF T - MAN BLOCKING - #2 - If #2 is down lineman - block under the chin (DRIVE TECHNIQUE) If covered by a linebacker - ZONE STEP with offside foot - Explode to 2nd level getting width to seal or drive on playside number of linebacker.

PLAY NO.

Q; JAB; or COUNTER 40-50 TRAP

"Y" RULE: Man Block #3

TECHNIQUE: Drive or Scoop through inside breast

"H" RULE: Bang movement and trap first man on LOS on or past onside tackle

TECHNIQUE: Trap

"R" RULE: Ball carrier

TECHNIQUE: Short Lead step at inside leg of "Y", continue in same direction with second step and plant on the third step; take underneath handoff from QB; Read the block of "H" and onside tackle.

"QB" Deep Reverse Pivot, get ball to "R" deep (like 40/50 Gut)

"X" RULE: Onside - most dangerous out of secondary (MDM)
Slot - Corner

TECHNIQUE: Stalk
Slot & Stalk

"Z" RULE: Slot - most dangerous out of secondary (MDM)
Backside - Near Back

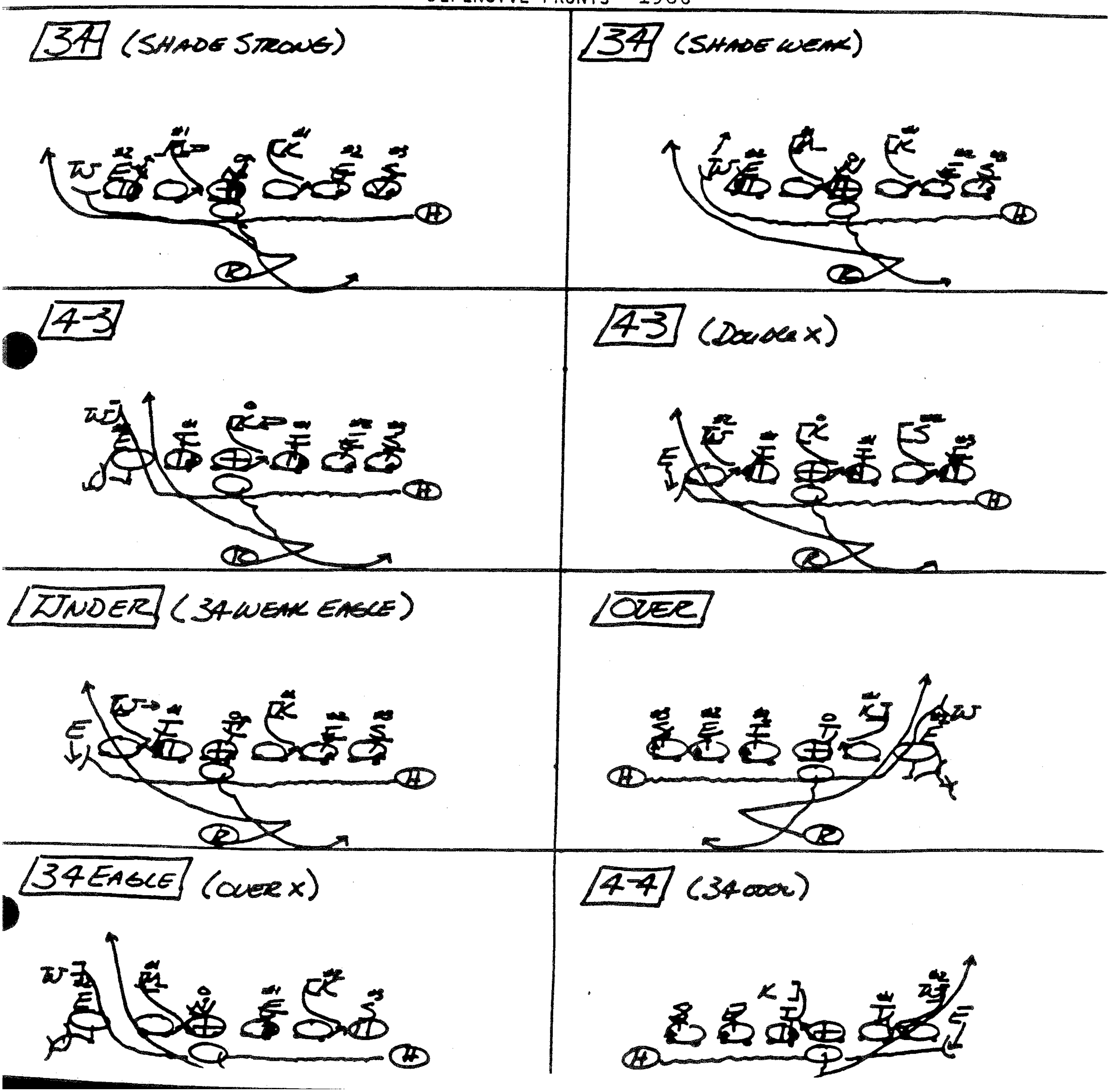
TECHNIQUE: Crossfield technique (Cut)

PLAY NO.

JAB or COUNTER 60-70 TRAP

This play will start off by mis-directing defensive pursuit, allowing our offensive line to seal the inside and our "H-BACK" to trap the end man on the LOS. Our "R-BACK" must create flow by initially showing 60-70 Outside away from the POA and then countering back to the hole. This play will be an effective compliment to our 60-70 Outside as it will cutdown on fast-flow pursuit.

DEFENSIVE FRONTS - 1986



PLAY NO.

JAB or COUNTER 60-70 TRAP

RULES - TECHNIQUES - COACHING POINTS:

C - MAN BLOCKING - "0" -(HIGH PRESSURE CONTROL TECHNIQUE) Same as Q; JAB; COUNTER 40-50 TRAP.

ON G - MAN BLOCKING - #1 - Same as Q; JAB; COUNTER 40-50 TRAP.

ON T - MAN BLOCKING - #2 - (#2 is always the defender aligned on you) If #2 is a down lineman, read his alignment. If defender is aligned outside eye or shoulder (5 TECHNIQUE) - take a short flat step with playside foot - Explode - Use HIGH PRESSURE CONTROL. If defender is head up (4 TECHNIQUE) - Take balance step - Explode - block defender under the chin in direction he wishes to go. If defender is aligned inside eye or shoulder (4-I TECHNIQUE) - Step with near foot - Block under chin and drive defender as far to inside as possible. If covered by a linebacker, ZONE STEP with offside foot. Explode to 2nd level getting width to seal or drive on playside number of linebacker. NOTE: If #2 is END MAN ON LOS - Set alightly inside - as defender starts his rush - Explode - Whip your arms and drive your head gear on his near number. DO NOT allow the defender to cross your face inside.

OFF G - MAN BLOCKING - #1 - Same as Q; JAB; COUNTER 40-50 TRAP.

OFF T - MAN BLOCKING - #2 - Same as Q; JAB; COUNTER 40-50 TRAP.

RUNNING GAME

PLAY NO.

JAB or COUNTER 60/70 TRAP

"Y" RULE: Man Block #3

TECHNIQUE: Drive or Scoop through inside breast

"H" RULE: Bang movement & trap first man past onside tackle

TECHNIQUE: Trap

"R" RULE: Ball carrier

TECHNIQUE: Short lead step at the inside leg of "Y", continue in same direction with second step, and plant on the third step; take underneath handoff from QB; Read the block of "H"

"QB" Deep Reverse Pivot, get ball to "R" Deep (like 40/50 Gut), C

"X" RULE: Most dangerous out of secondary (MDM)

TECHNIQUE: Stalk

"Z" RULE: Backside: Near Back

TECHNIQUE: Crossfield Technique (Cut)

RUNNING GAME

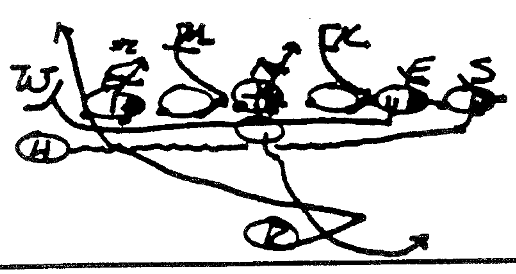
PLAY NO.

COUNTER 60-70 "OT"

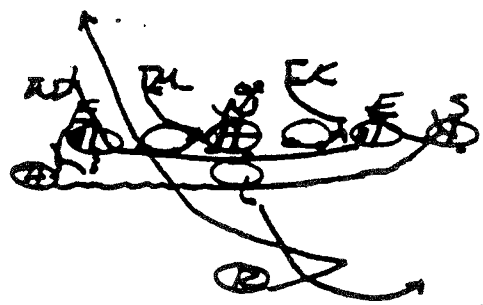
This play is basically the same as 60-70 TRAP except our OFFSIDE TACKLE will pull and either TRAP or SEAL at the POA. This will be a change-up blocking scheme that will compliment our Counter 60-70 Trap

DEFENSIVE FRONTS -1986

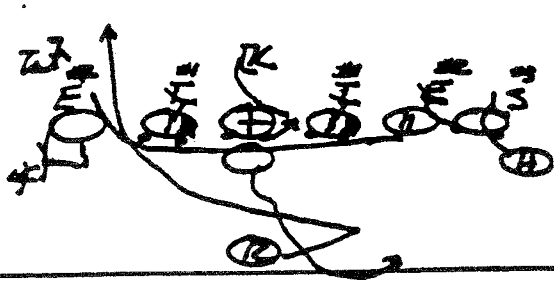
34 (SHADE STRONG)



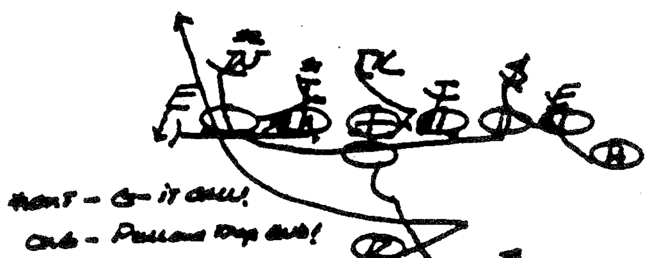
34 (SHADE WEAK)



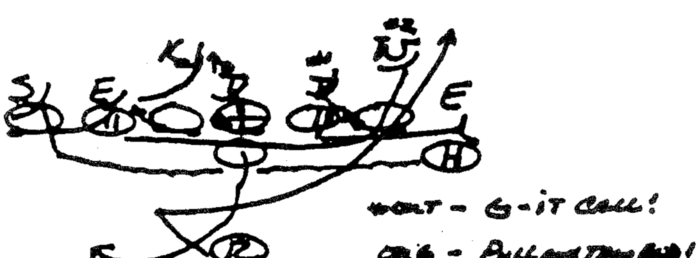
4-3



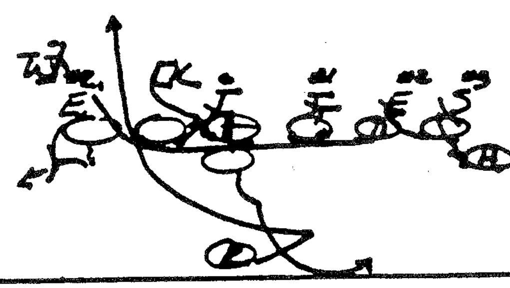
4-3 (DOUBLE X)



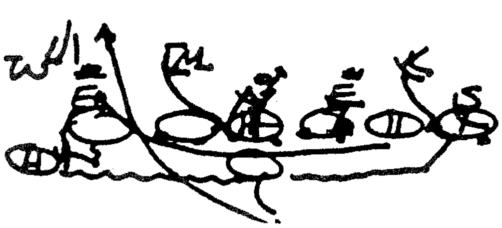
UNDER



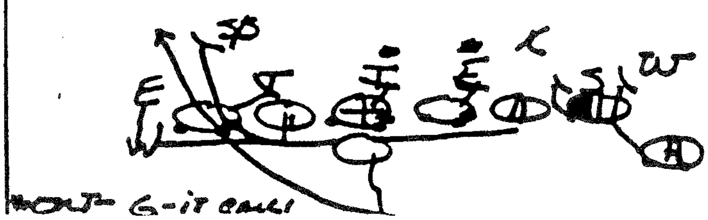
OVER



34 EAGLE (OVER X)



BULLETS-46 ("BULLETS"-34)



RUNNING GAME

PLAY NO.

COUNTER 60-70 "OT"

RULES - TECHNIQUES - COACHING POINTS:

C - MAN BLOCKING - "O" - (HIGH PRESSURE CONTROL TECHNIQUE) Same as Counter 40-50; 60-70 Trap.

ON G - MAN BLOCKING - #1 - Same as Counter 40-50; 60-70 Trap.

CALLS TO BE ALERT FOR:

a) "G-IT" CALL - Pull and block the end man on LOS - Get inside out position and "kick" him towards the sidelines.

ON T - MAN BLOCKING - #2 - (#2 is always the defender aligned on you) If #2 is a down lineman - block like 60-70 Trap. If #2 is a linebacker make "G-IT" CALL

CALLS TO BE ALERT FOR:

a) "G-IT" CALL - Your call - Exchange between you and onside guard. Block inside on the defender aligned on the guard - drive your head gear under his chin to his inside number - once you make contact with your head gear - whip your hips high and up the field - REVERSE CRAB TECHNIQUE.

OFF G - MAN BLOCKING - #1 - Same as Counter 40-50; 60-70 Trap. NOTE: As you ZONE STEP with your offside foot (covered by a linebacker) read the reaction of the defender aligned on the offside tackle. If he slants towards you block him under the chin. The reason for the change in techniques is the offside tackle is pulling.

OFF T - Pull towards the POA and read the onside tackle's block to either TRAP the end man on LOS or to turn up thru the hole and block the onside linebacker in numbers.

CALLS TO BE ALERT FOR:

a) "G-IT" CALL - Onside guard is pulling and trapping the END MAN ON LOS. Turn up inside this block and block onside linebacker in numbers.

RUNNING GAME

PLAY NO.
COUNTER 60-70 "OT"

"Y"	RULE:	Man Block #2
	TECHNIQUE:	Cut Off
"H"	RULE:	Man Block #3
	TECHNIQUE:	Cut Off
"R"	RULE:	Ball carrier
	TECHNIQUE:	Short lead step at the inside leg of "Y", continue in same direction with second step, and plant on the third step, take underneath handoff from QB; read the block of offside tackle.
"QB"	Deep reverse pivot, get ball to "R" deep, and continue to roll to allow "R" cut back lane.	
"X"	RULE:	Most dangerous out of secondary (MDM)
	TECHNIQUE:	Stalk
"Z"	RULE:	Backside: Near Back
	TECHNIQUE:	Crossfield Technique (Cut)

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(SPECIAL RUNS)

TOPIC:	PAGES:

RUNNING GAME

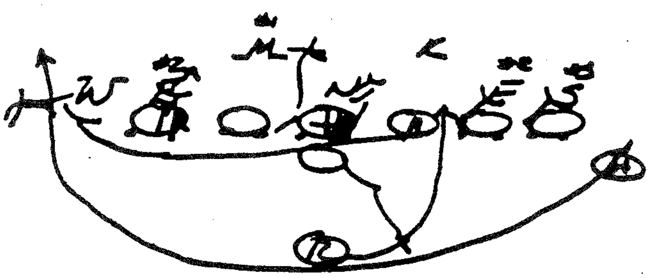
PLAY NO.

"H" AROUND (RIGHT or LEFT)

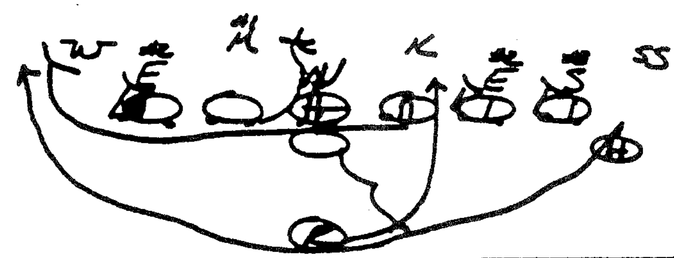
This is a "REVERSE" to our "H-BACK" that will burn a team that is over reacting to our called DIVE (40-50 Gut). The quarterback will fake the Dive and hand the ball to the H-Back coming back on the reverse.

DEFENSIVE FRONTS - 1986

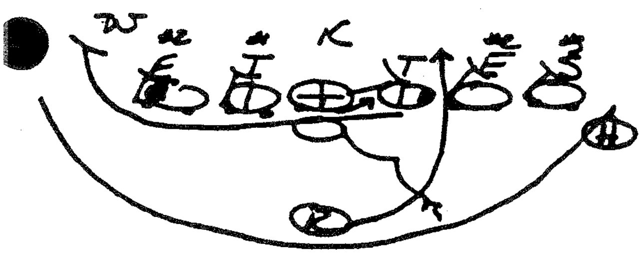
34 (SHADE STRONG)



34 (SHADE WEAK)

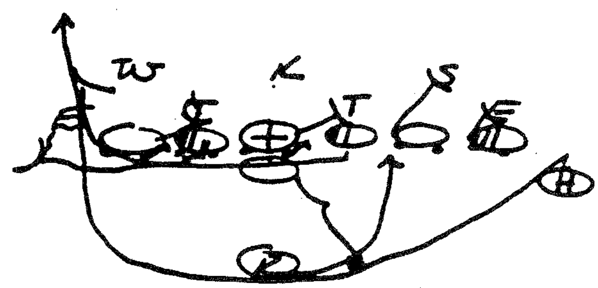


4-3

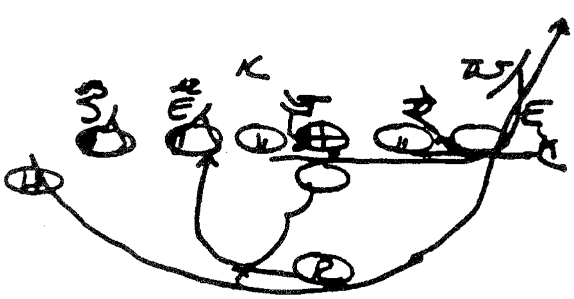


4-3 (DOUBLE X)

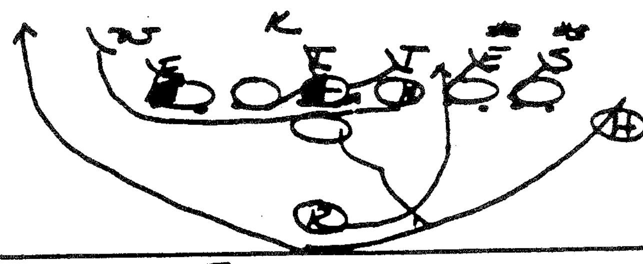
* OUT - G-IT CALL!



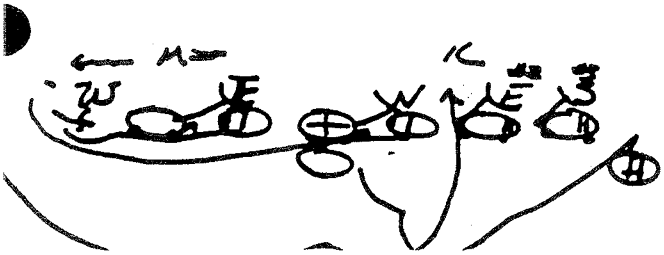
UNDER * OUT - G-IT CALL!



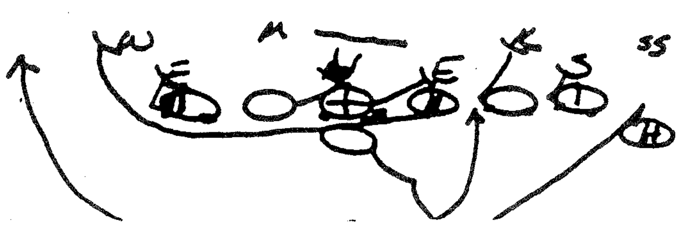
OVER * CENTER - GO CALL!



34 OVER



34 EAGLE * CENTER - GO CALL!



RUNNING GAME

PLAY NO.

"H" AROUND (RIGHT or LEFT)

RULES - TECHNIQUES - COACHING POINTS:

MUST: Offensive line close your splits to - 2-2-2. This will give our "H-Back" a shorter corner.

C - OVER - BACKSIDE (Over only refers to a down lineman in this rule). If covered by a down lineman - read his alignment - If head up or shaded playside - Step with near foot and block under the chin - HIGH PRESSURE CONTROL TECHNIQUE. If covered by a linebacker or uncovered - block back on defender aligned on the OFFSIDE GUARD - Use ANGLE DRIVE TECHNIQUE or REVERSE CRAB TECHNIQUE.

CALLS TO BE ALERT FOR:

a) OFF - Your call - if covered by a down lineman and offside guard is covered by a down lineman. Block the defender aligned on the offside guard.

ON G - MAN BLOCKING - #1 - If #1 is a down lineman - read his alignment - If defender is head up or outside eye or shoulder (2 or 3 TECHNIQUE) - Take a short flat step with playside foot - Explode - Use HIGH PRESSURE CONTROL. If covered by a linebacker - ZONE STEP with offside foot - Explode to 2nd level getting width to seal or drive on playside number of linebacker.

CALLS TO BE ALERT FOR:

a) OFF CALL - If center makes OFF CALL he is alerting you to block down on defender aligned on him. Step flat, driving your head gear under the chin - upon making contact, whip your hips high and up the field. (REVERSE CRAB TECHNIQUE).

b) G - IT CALL - Pull and block the end man on LOS. If he is "sitting" on the LOS - drive on his outside shoulder pad as if to "HOOK" him - if he widens kick him out. If he is slanting towards you or is up the field - TRAP HIM to the outside getting inside-out position.

ON T - MAN BLOCKING - #2 - (#2 is always the defender aligned on you). If #2 is a down lineman - read his alignment. If defender is aligned outside eye or shoulder (5 TECHNIQUE) - Take a short, flat step with playside foot - explode - use HIGH PRESSURE CONTROL. If defender is head up (4 TECHNIQUE) - Take balance step Explode - block defender under the chin in direction he wishes to go. If defender is aligned inside eye or shoulder (4-I TECHNIQUE) - Step with near foot - Block under chin and drive defender as far to the inside as possible. If #2 is a linebacker make G-IT CALL.

CALLS TO BE ALERT FOR:

a) G-IT CALL - Your call - Block inside on the defender aligned on the guard - drive your head gear under his chin to his inside number - once you make contact with your head gear - Whip your hips high and up the field - REVERSE CRAB TECHNIQUE.

OFF G - PULL getting a little depth off the LOS and block the end man. If he is "sitting" on the LOS - drive on his outside shoulder pad as if to "HOOK" him - If he widens so you can't log him - Kick him out. If he is slanting towards you or is up the field - TRAP HIM to the outside getting inside-out position.

CALLS TO BE ALERT FOR:

a) G-IT CALL - Pull and read the onside guard's block on the end man on LOS to find access path to WILL LINEBACKER.

OFF T - MAN BLOCKING - #2 - If #2 is a down lineman - block under the chin (DRIVE TECHNIQUE). If covered by a linebacker - ZONE STEP with offside foot - Explode to 2nd level getting width to seal or drive on playside number of linebacker.

RUNNING GAME

PLAY NO.

H AROUND (RIGHT OR LEFT)

"Y" RULE: Man Block #3

TECHNIQUE: Drive through inside breast or scoop with tackle

"H" RULE: Ball Carrier

TECHNIQUE: Drop step with inside foot, cross over & sprint to point 3 yrds behind center. Take hand off in front of QB & read pulling guards block to determine inside or outside cut.

"R" RULE: Fake 40/50 Gut

TECHNIQUE: Open step, downfield cross over, and make "pocket" as you mesh with QB. Forget fake if Lb'er blitzes. Fill for pulling offensive lineman and continue downfield.

"QB" Deep reverse pivot, allow "R" to clear, hand off underneath to "H"

"X" RULE: (most dangerous out of secondary (M.D.M.))

TECHNIQUE: Stalk

"Z" RULE: Backside: Near Back

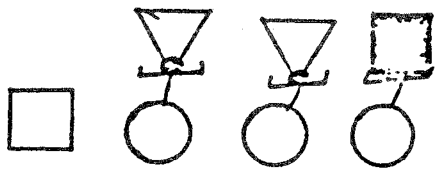
TECHNIQUE: Crossfield technique (cut)

Joe Bugel's "Blocking Call" Sheets with Redskins

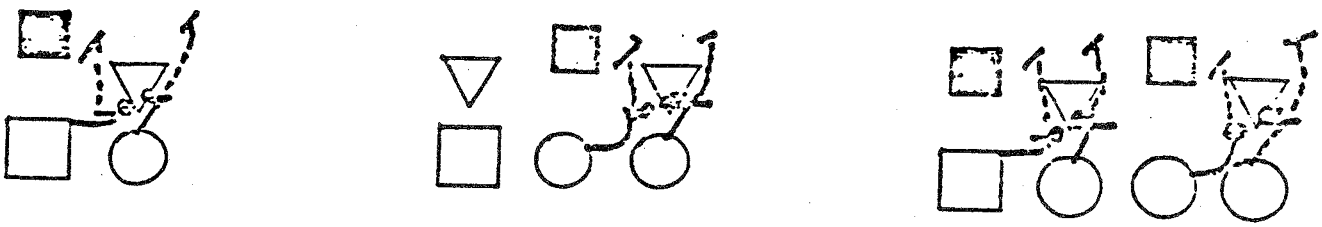
OFFENSIVE LINE TERMINOLOGY

ONSIDE BLOCKING TERMINOLOGY:

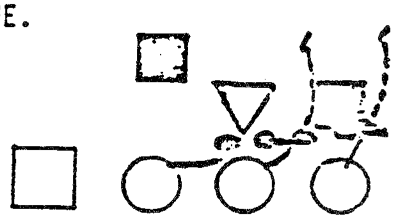
DRIVE: KEY BLOCK IN OUR RUNNING GAME. AGGRESSIVE FACE AND FIST BLOCK THROUGH THE DEFENSIVE MAN'S NUMBERS.



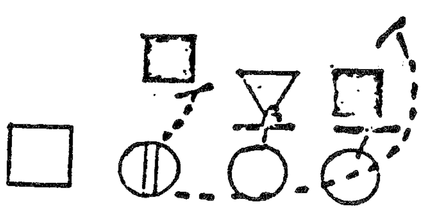
READ: COMBINATION ZONE BLOCK BY TWO OFFENSIVE LINEMEN AND/OR TIGHT END TO STOP PENETRATION BY DEFENSIVE LINEMAN WHILE ALLOWING FOR LINEBACKER PICKUP.



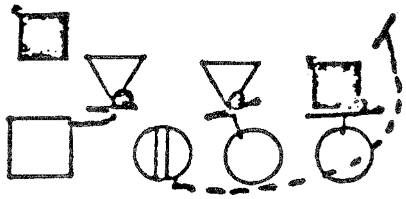
GANG: COMBINATION ZONE BLOCK BY TIGHT END, TACKLE, AND GUARD. TIGHT END AND TACKLE SPEAR OUTSIDE HALF OF DEFENSIVE MAN OVER WITH GUARD EXECUTING READ TECHNIQUE.



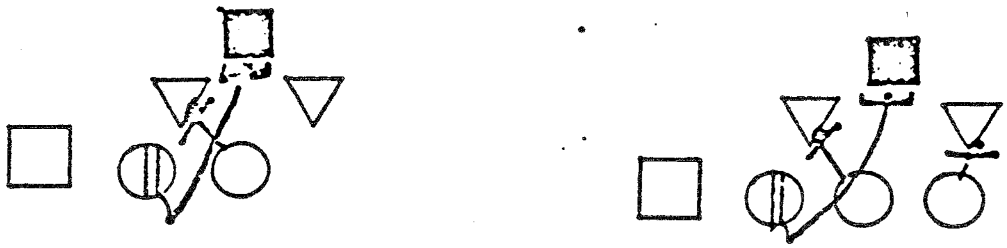
MAN: CALL TO ALERT TACKLE AND TIGHT END TO BLOCK MAN WITH GUARD PULLING AROUND AND MIRRORING INSIDE LINEBACKER.



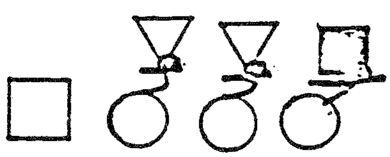
GEORGE: COMBINATION BLOCK BY TIGHT END, TACKLE, CENTER AND GUARD. TIGHT END AND TACKLE BLOCK MAN OVER, CENTER REACHES ONSIDE AND GUARD PULLS AROUND FOR INSIDE LINEBACKER. USED PRIMARILY AGAINST 43 INSIDE DEFENSES AND IN GOAL LINE SHORT YARDAGE SITUATIONS.



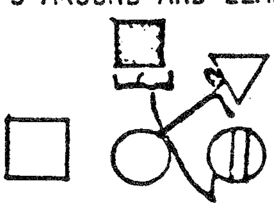
TAG: CROSS BLOCK BETWEEN GUARD AND TACKLE. TACKLE BLOCKS DOWN ON FIRST MAN TO HIS INSIDE AND GUARD STEPS AROUND AND BLOCKS INSIDE LINEBACKER OFF L.O.S.



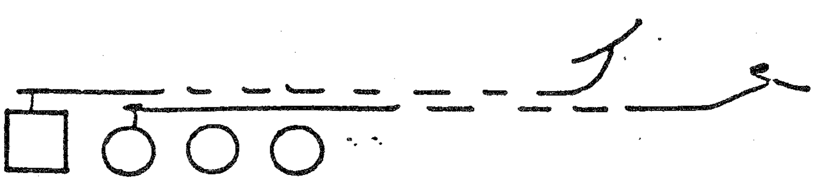
REACH: LINEMEN "REACHES" DEFENSIVE LINEMAN TO HIS OUTSIDE SQUARING UP TO HIM AND CONTROLLING HIM ON L.O.S., DRIVE BLOCK TECHNIQUES.



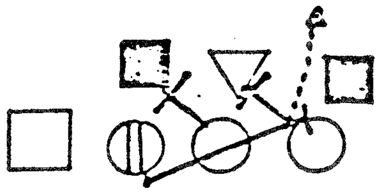
FOLD: CROSS BLOCK BETWEEN GUARD AND TACKLE. GUARD BLOCKS OUT AND THEN TACKLE STEPS AROUND AND LEADS UP THRU HOLE.



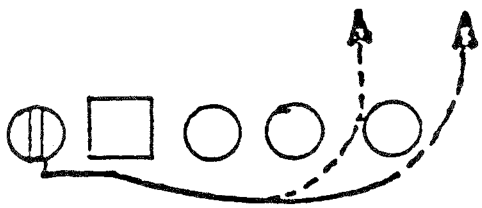
CUT: DRIVING SHOULDER BODY BLOCK THROUGH THIGH OF OPPONENT TO CUT HIS FEET FROM UNDER HIM. USED TO PREVENT PENETRATION ON IN-LINE BLOCKS AND IN THE OPEN FIELD.



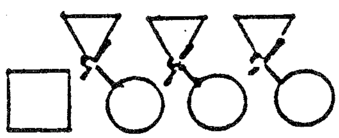
GEE: COMBINATION BLOCK BY TIGHT END, TACKLE AND GUARD. TIGHT END AND TACKLE BLOCK DOWN AND GUARD PULLS AND KICKS OUT ON STRONG LINEBACKER.



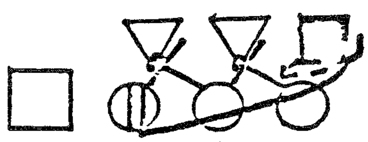
OH: TERM USED TO DENOTE OFF GUARD PULLING TO LEAD OUTSIDE PLAYS OR TO LEAD THRU PARTICULAR HOLES.



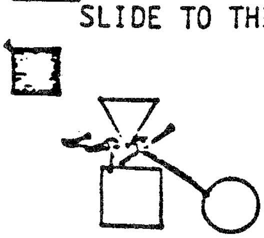
GAP: INSIDE GAP BLOCKING BY ALL ONSIDE LINEMEN.



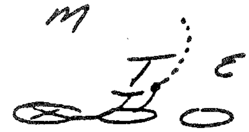
LOG: ADJUSTMENT A BLOCKER MAKES ON TRAPS, CHOKES, OH'S, GEE'S, TUGS, AND TAKES. THE BLOCKER FINDS THE DEFENSIVE MAN HAS CLOSED THE HOLE. USE THE DEFENSIVE MAN'S MOMENTUM AND DRIVE HIM ON IN THE SAME DIRECTION AS HIS CHARGE.



LEFT: A DIRECTIONAL CALL BY THE CENTER WHEREBY THE CENTER AND THE RIGHT GUARD SLIDE TO THE LEFT.



<u>Ray/Lenny</u> - combination block by center and onside Guard on a defensive lineman and LBer.



RAY

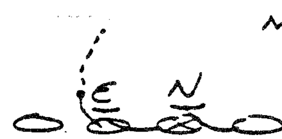


LENNY

<u>Big Ray/Big Lenny</u> - combination block that involves offside guard, center and onside guard

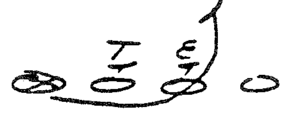


Big RAY

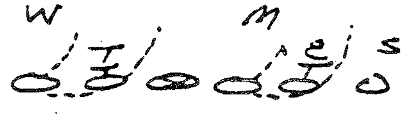


Big LENNY

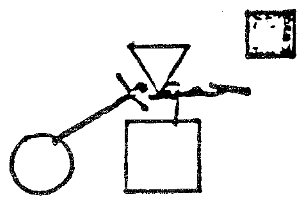
<u>Chuck</u> - tells center to come around onside guard and tackle to block mike LBer



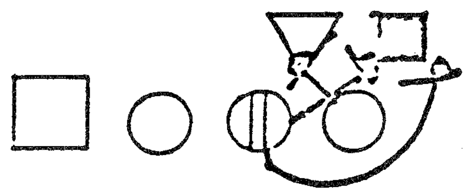
<u>If</u> - onside or offside where guard or tackle comes around offensive man next to him to block LBer over him. Be aware of LBer run thru.



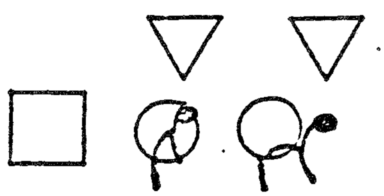
RIGHT: A DIRECTIONAL CALL BY THE CENTER WHEREBY THE CENTER AND THE LEFT GUARD SLIDE TO THE RIGHT.



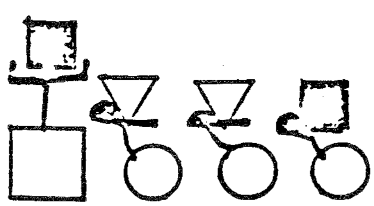
TAKE: TIGHT END BLOCKS DOWN ON FIRST MAN TO HIS INSIDE. TACKLE PULLS AND BLOCKS FIRST MAN OUTSIDE.



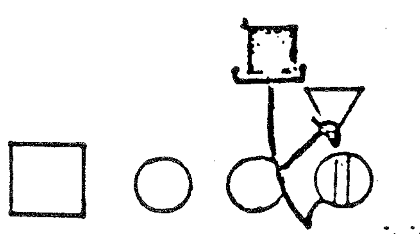
DRAW RIP: USED BY OFFENSIVE LINEMEN TO CHECK INITIAL MOVE OF DEFENSIVE MAN AND MAKE ADJUSTMENTS TO BLOCK VARIOUS MOVES.



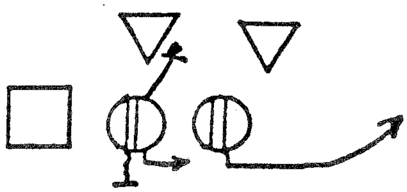
WEDGE: CENTER, GUARD, TACKLE, AND TIGHT END ALL USING A DRIVING SHOULDER BLOCK AT ONE DESIGNATED POSITION.



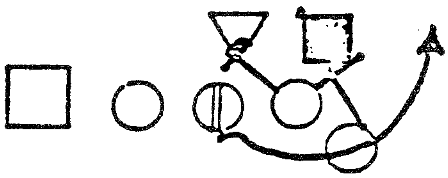
TEX: TACKLE BLOCKS OUT AND TIGHT END STEPS AROUND AND LEADS UP THROUGH HOLE.



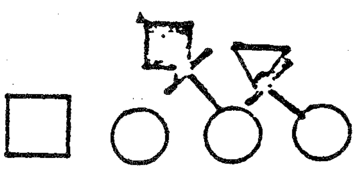
INFLUENCE: ACTION BY OFFENSIVE LINEMAN TO ENCOURAGE DEFENSIVE MAN TO REACT TO HIS BLOCK OR MOVEMENT.



TRUCK: TERM USED TO TELL TACKLE TO PULL AND LEAD ON SWEEPS.

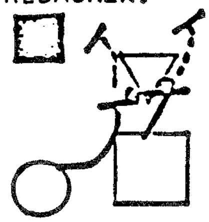


TOM: CALL TO ALERT TACKLE AND TIGHT END TO BLOCK FIRST DEFENSIVE MAN INSIDE.

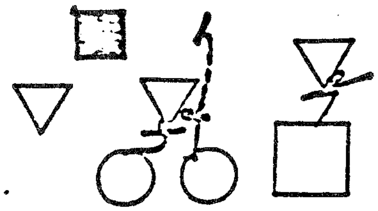


OFFSIDE BLOCKING TERMINOLOGY

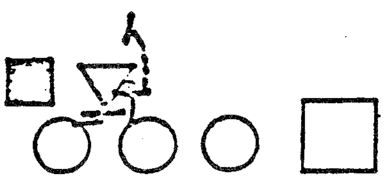
SCOOP: COMBINATION BLOCK BY CENTER AND OFFSIDE GUARD ON A DEFENSIVE LINEMAN AND A LINEBACKER.



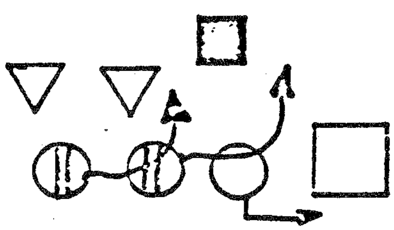
SLIP: COMBINATION BLOCK BY OFF GUARD AND OFF TACKLE ON A DEFENSIVE LINEMAN AND A LINEBACKER.



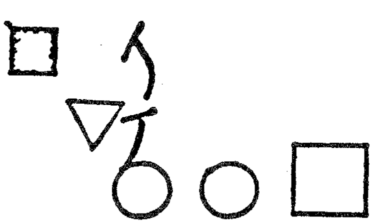
COMBO: COMBINATION BLOCK BY OFF TACKLE AND TIGHT END TO WALL OFF THE DEFENSIVE END AND STRONG SIDE BACKER.



SWOOP: TERM USED TO DESCRIBE OFFSIDE TIGHT END AND TACKLE TO PULL DOWN L.O.S. AND SEAL INSIDE. DO NOT ALLOW DEFENDER TO CROSS YOUR FACE.

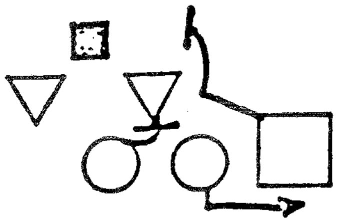


SIFT: COMBINATION ASSIGNMENT OF OFFSIDE TACKLE TO SHUT OFF PURSUIT OF END OR LINEBACKER.

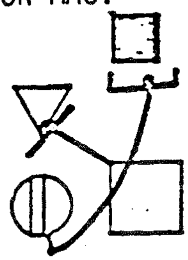


OFFSIDE BLOCKING TERMINOLOGY (CONTINUED)

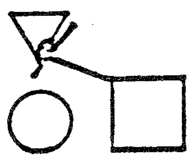
CAL: CENTER BLOCKING OFF LINEBACKER.

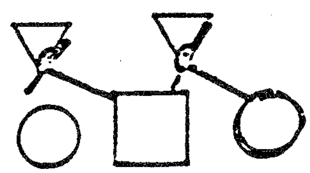


CHOKE: CENTER BLOCKING OFFSIDE AND OFFSIDE GUARD PULLING AROUND CENTER AND LEADING ON MAC.

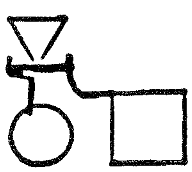


OFF: CENTER BLOCKS OFF DEFENSIVE TACKLE. CENTER WILL USE THIS TERM TO TELL ON GUARD TO BLOCK DOWN ON THE MAN OVER CENTER AND THAT HE (THE CENTER) IS BLOCKING THE OFF DEFENSIVE TACKLE.

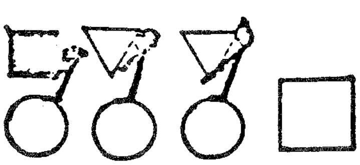




DOT: DOUBLE-TEAM BLOCK BY CENTER AND OFF GUARD ON MAN OVER GUARD. CAN BE USED IN SHORT YARDAGE OR GOAL LINE SITUATIONS.

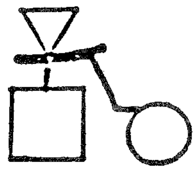


CUTOFF: PULLING OR STEPPING TO GET POSITION AND SEALING OFF DEFENSIVE MAN BETWEEN YOU AND BALL CARRIER.

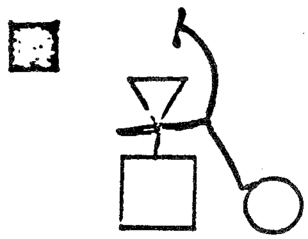


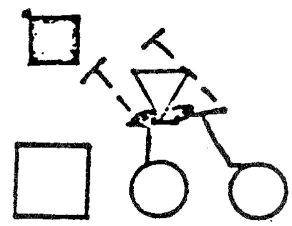
DOUBLE-TEAM AND TRAP BLOCKING TERMINOLOGY

ACE: DOUBLE-TEAM BLOCK BY GUARD AND CENTER ON MAN OVER CENTER.

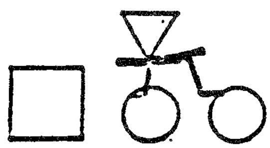


ADD: A DOUBLE-TEAM TECHNIQUE USED ON KIK PLAYS AND BIM-OH. TWO OFFENSIVE LINEMEN ARE RESPONSIBLE FOR A DOWN DEFENSIVE LINEMAN AND A LINEBACKER.

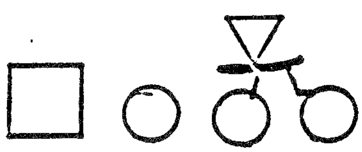




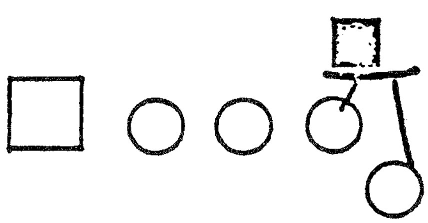
DEUCE: DOUBLE-TEAM BLOCK BY GUARD AND TACKLE ON MAN OVER GUARD.



TREY: DOUBLE-TEAM BLOCK BY TACKLE AND END ON MAN OVER TACKLE.

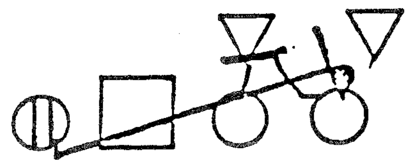


FOUR: DOUBLE-TEAM BLOCK BY TIGHT END AND WING BACK ON MAN OVER TIGHT END.

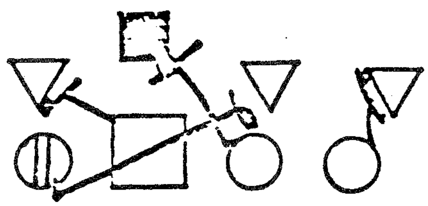


DOUBLE-TEAM AND TRAP BLOCKING TERMINOLOGY

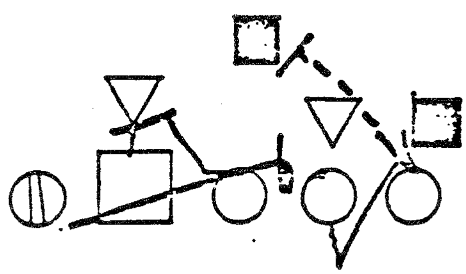
KIK: OFF GUARD PULLING AND KICKING OUT AT POINT OF ATTACK ANYTHING THAT SHOWS IN DESIGNATED HOLE.



SWITCH: A CALL BY THE ONSIDE GUARD ON KIK BLOCKING. IT TELLS THE ONSIDE TACKLE TO BLOCK OUT AND THAT THE GUARD IS GOING THRU ON MAC.

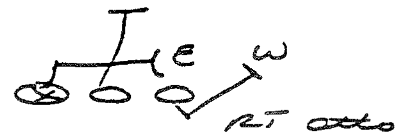


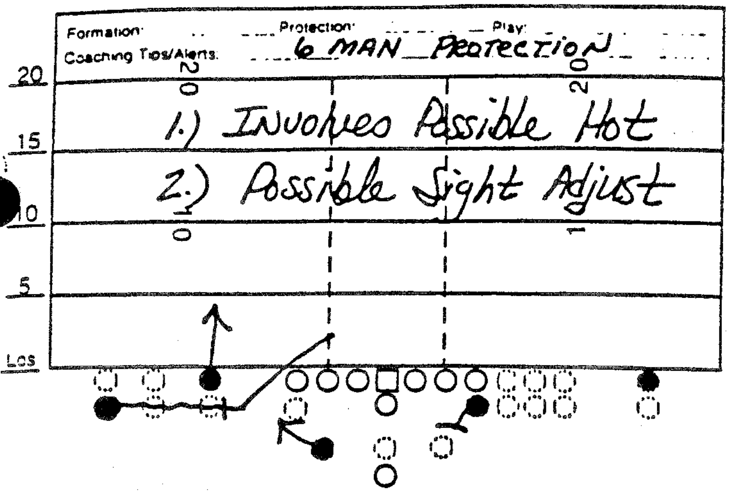
FIRE: A CALL THAT TELLS THE TIGHT END TO PASS OVER THE DOWN LINEMAN AND BLOCK THE INSIDE LINEBACKER.

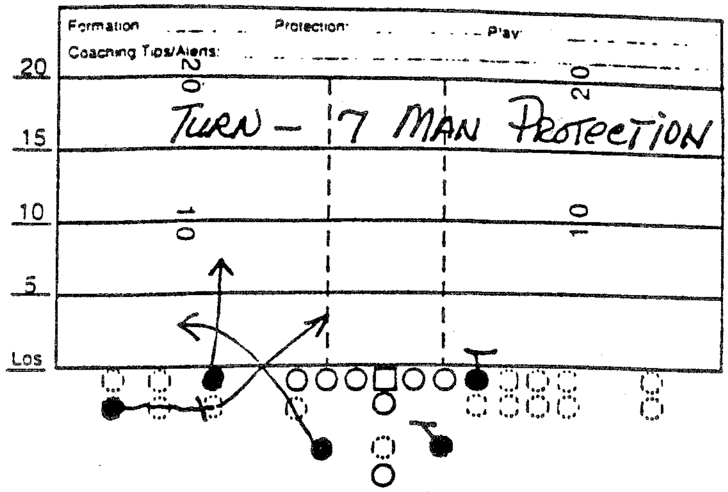


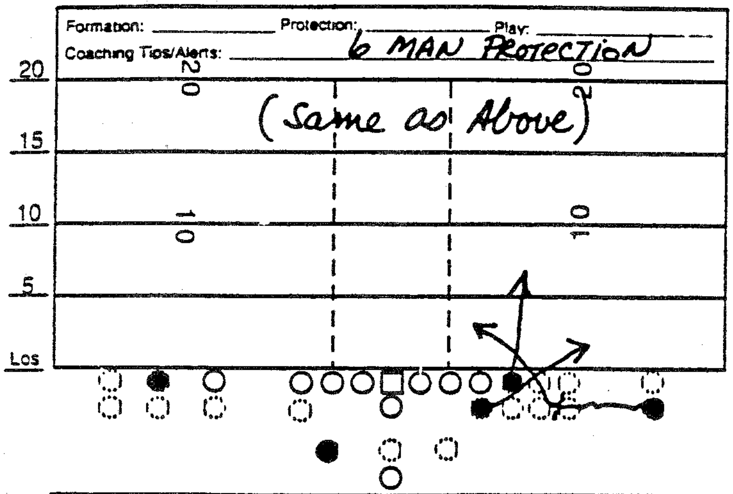
Otto – tells offside Guard and Tackle to set and turn out on Def. End and LBer. at times only Tackle will Otto.

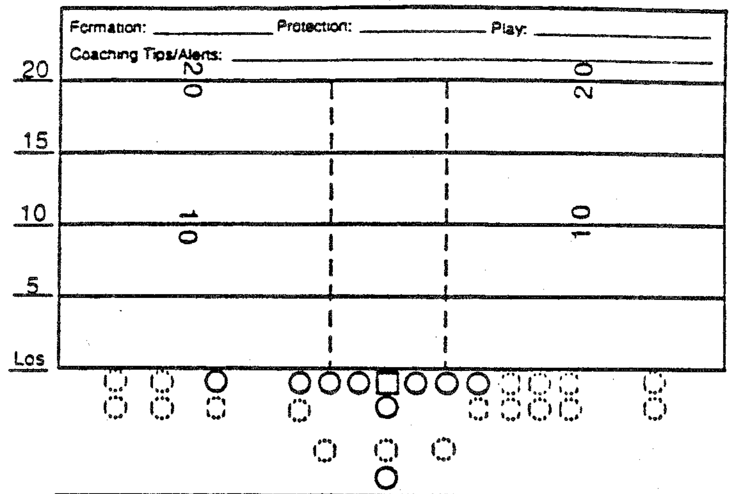


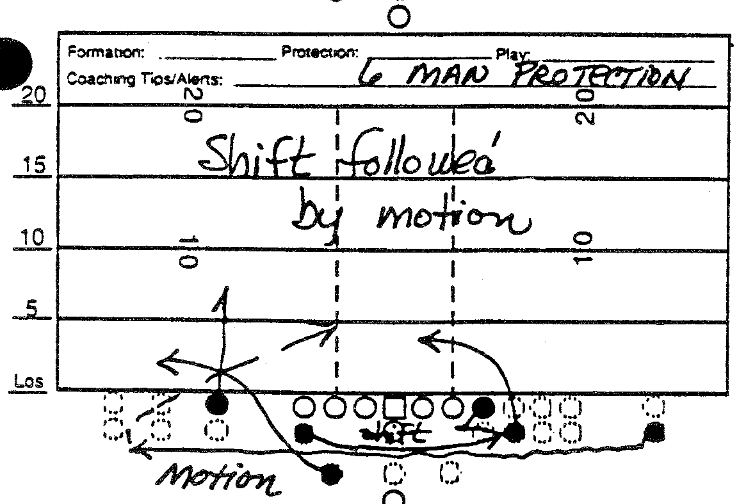


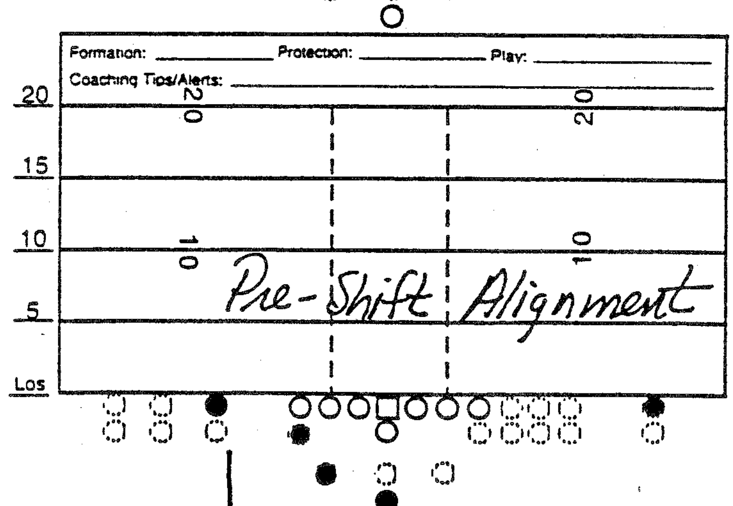

Formation: Protection: Play:
Coaching Tips/Alerts: 6 MAN PROTECTION
1.) Involves Possible Hot
2.) Possible Sight Adjust

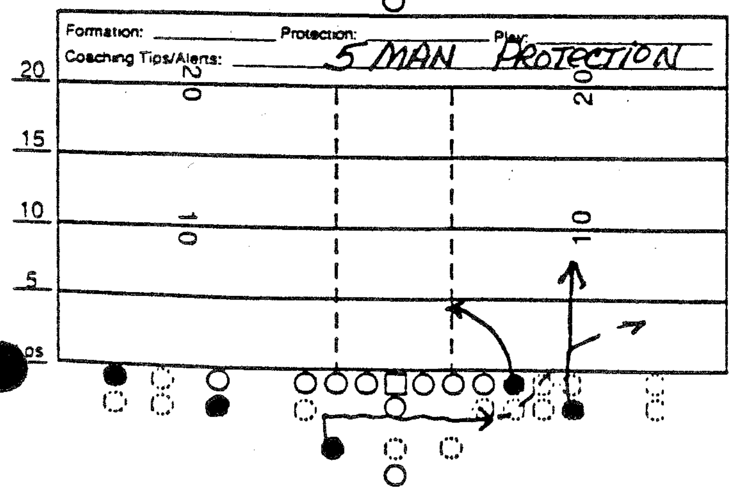

Formation: Protection: Play:
Coaching Tips/Alerts:
TURN - 7 MAN PROTECTION

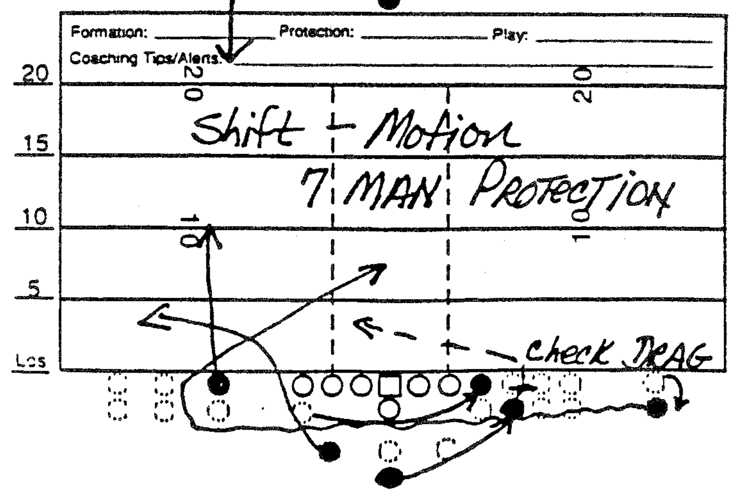

Formation: Protection: Play:
Coaching Tips/Alerts: 6 MAN PROTECTION
(Same as Above)


Formation: Protection: Play:
Coaching Tips/Alerts:

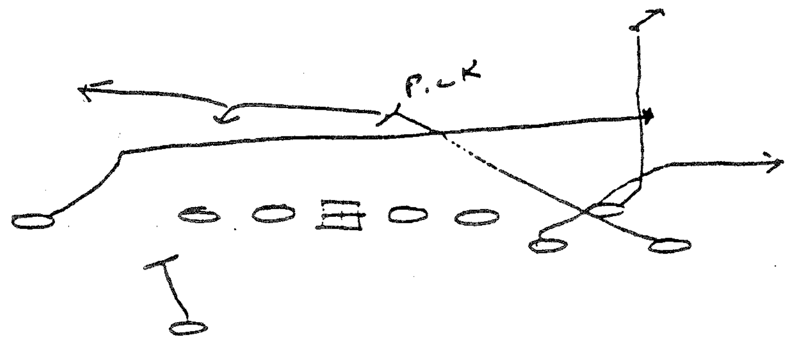

Formation: Protection: Play:
Coaching Tips/Alerts: 6 MAN PROTECTION
Shift followed
by motion
shift
Motion


Formation: Protection: Play:
Coaching Tips/Alerts:
Pre-Shift Alignment

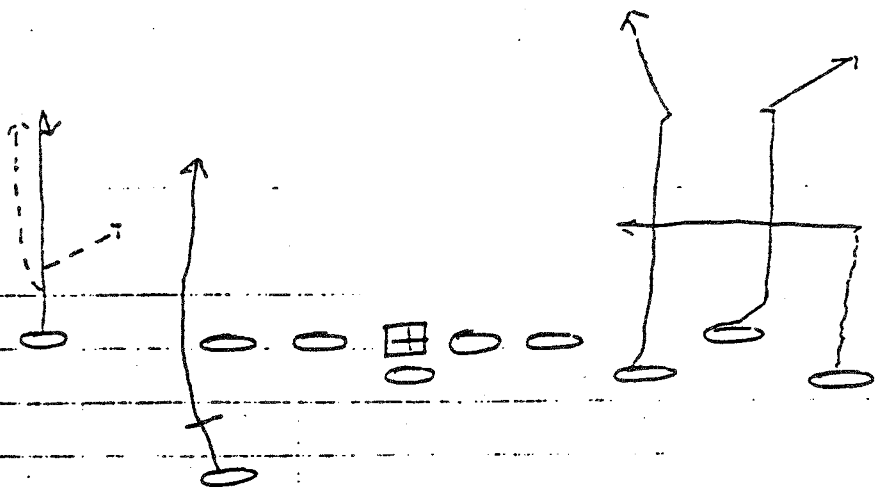

Formation: Protection: Play:
Coaching Tips/Alerts: 5 MAN PROTECTION


Formation: Protection: Play:
Coaching Tips/Alerts:
Shift + Motion
7 MAN PROTECTION
Check DRAG

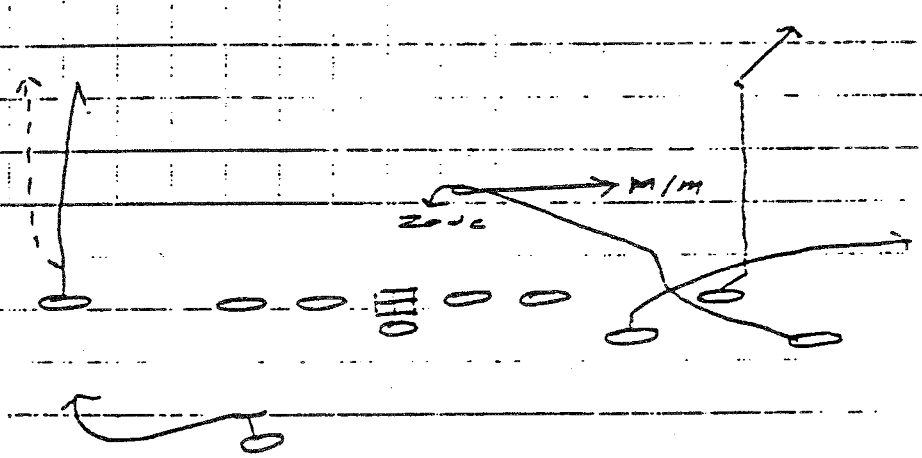
"Redskins' Bunch" (1992)



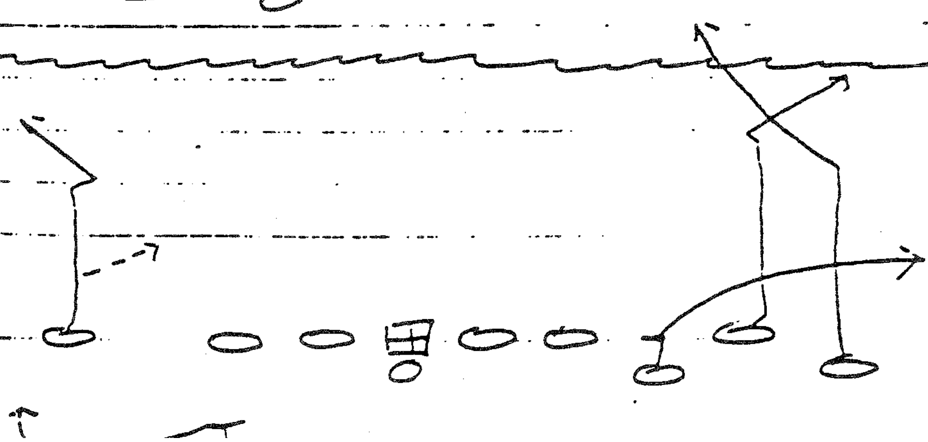
Bunch RT.
Scat RT.
"X" Drag



Bunch RT.
Scat RT.
Banana

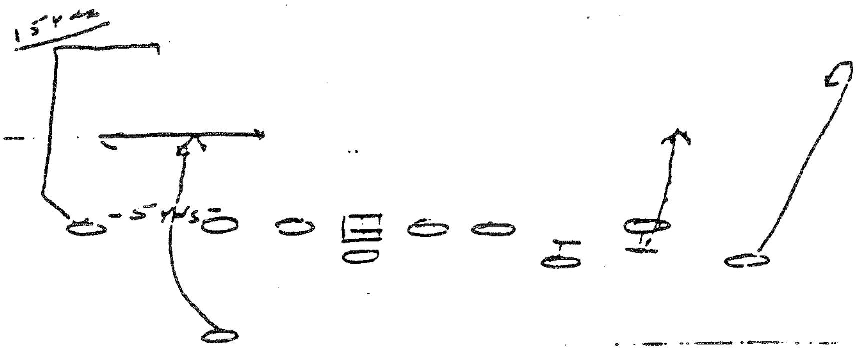


Bunch RT.
Scat RT
17 Pivot

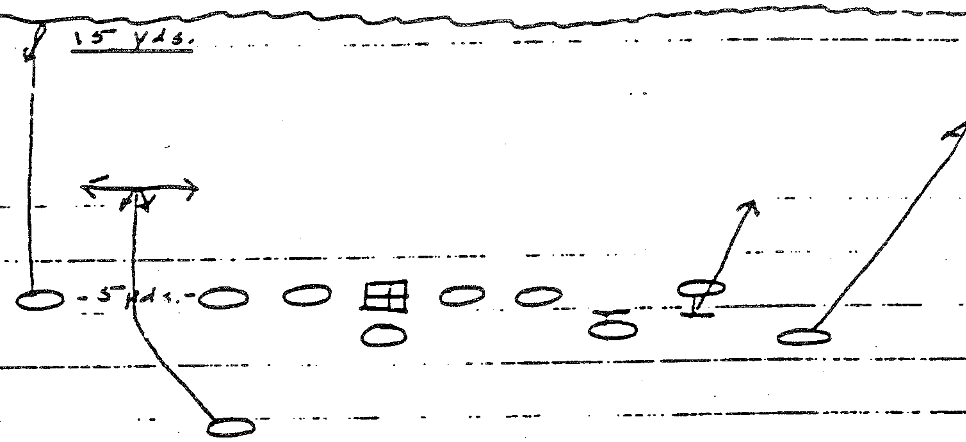


Bunch RT.
Scat RT.
"Y" Flat

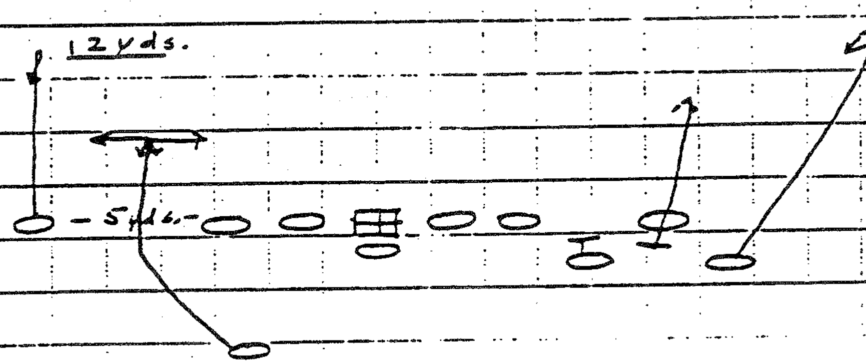
Bunch RT.
SCRAM LT. 4
(OTTO LT.)



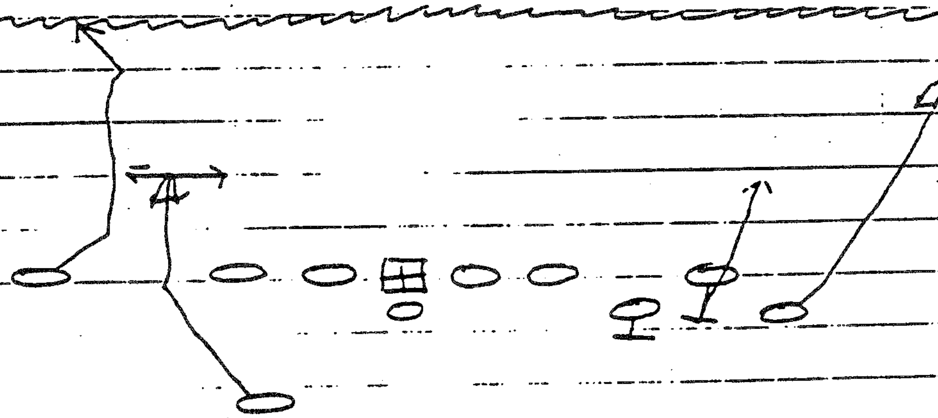
Bunch RT
SCRAM LT. 5
(OTTO LT.)



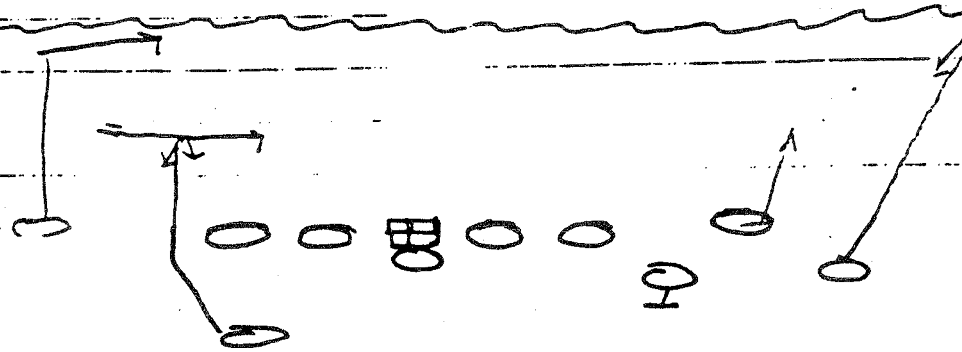
Bunch RT.
SCRAM LT. 6
(OTTO LT.)



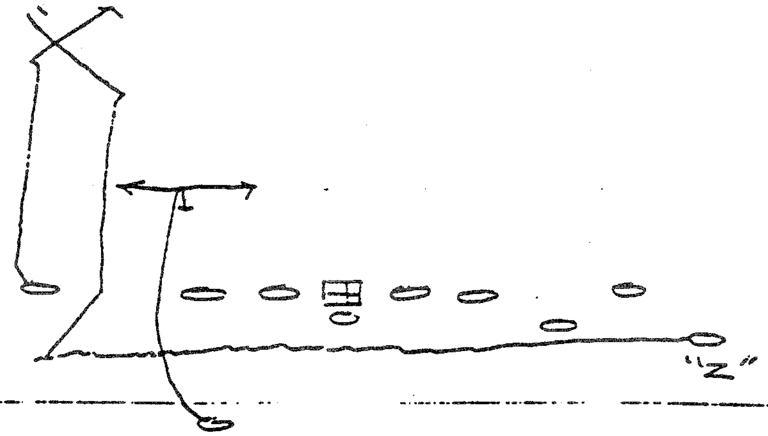
Bunch RT.
SCRAM LT. 7
(OTTO LT.)



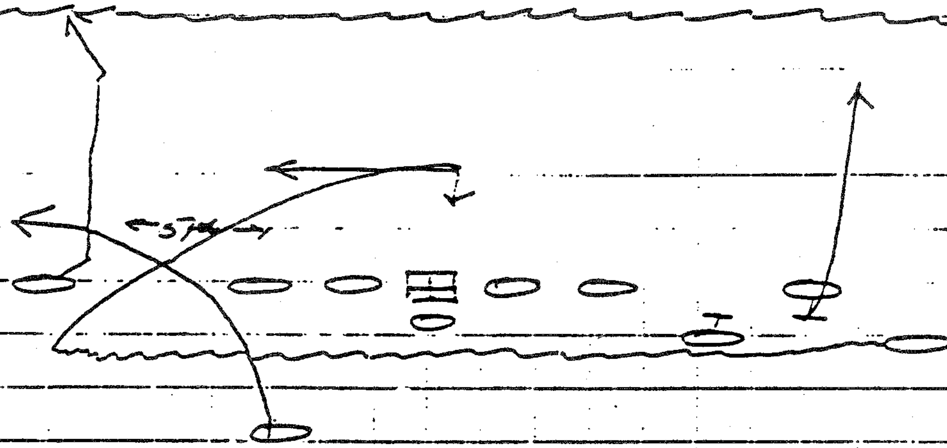
Bunch RT
SCRAM LT. 8



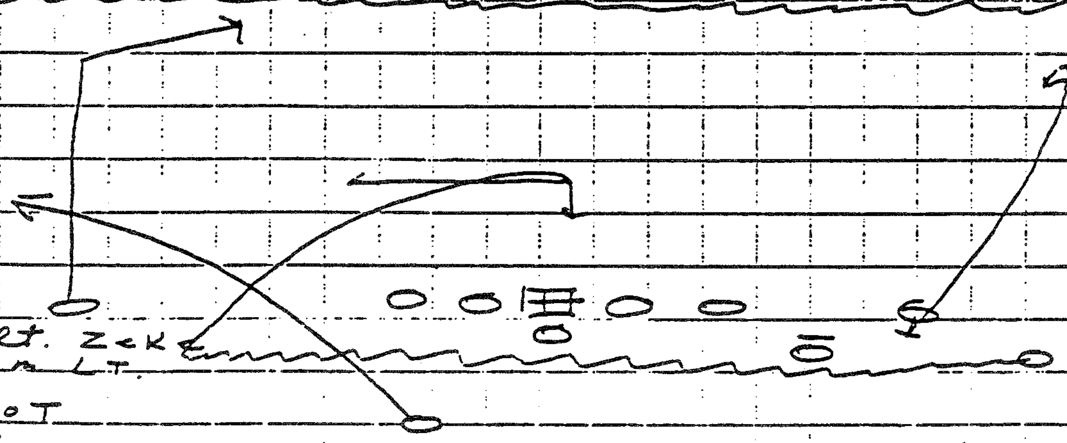
Bunch Rt
Zeke
Scram Lt.
(Otto Lt.)
Stack Pass



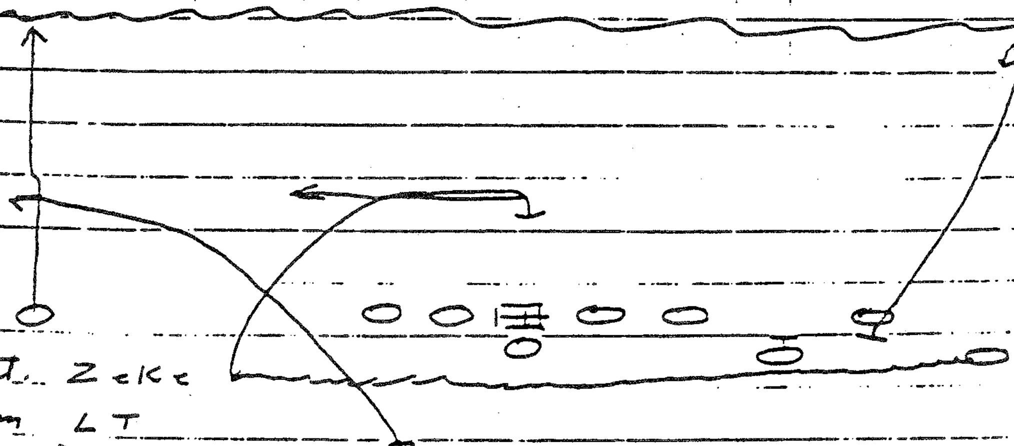
Bunch Rt.
Zeke
Scram Lt.
17 Pivot



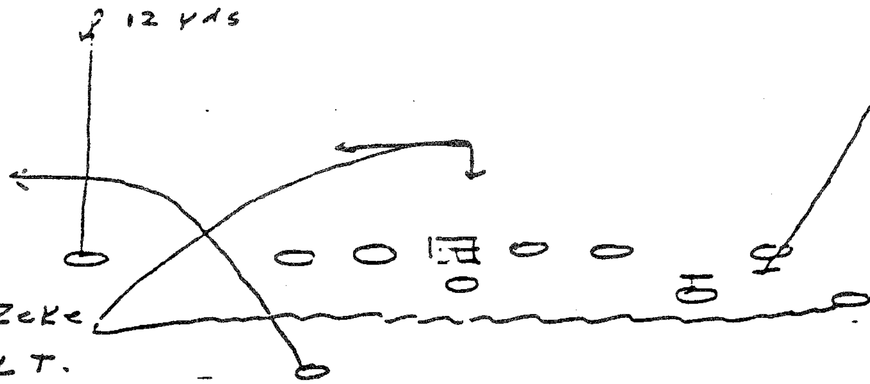
Bunch Rt. Zeke
Scram Lt.
18 Pivot



"X" Take normal split a 8 & 9 (6)

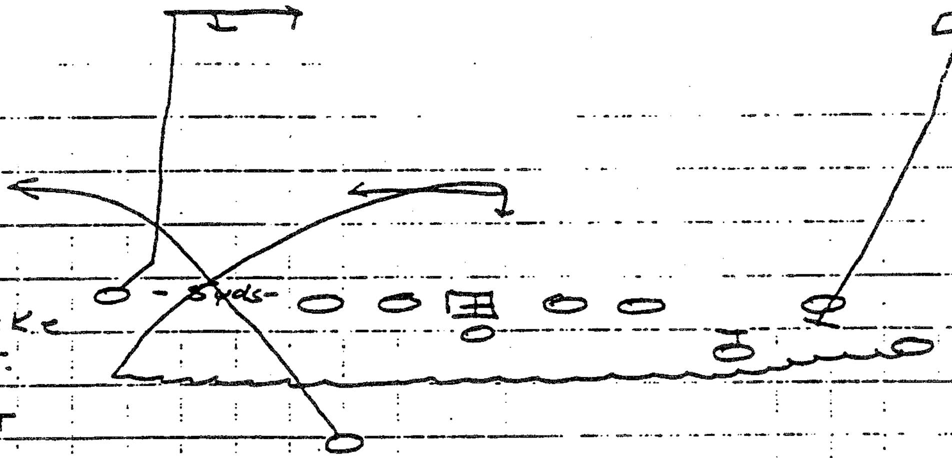


Bunch Rt. Zeke
Scram Lt
19 Pivot



Bunch Rt. Zeke
Scram Lt.
16 Pivot

6 route = normal route



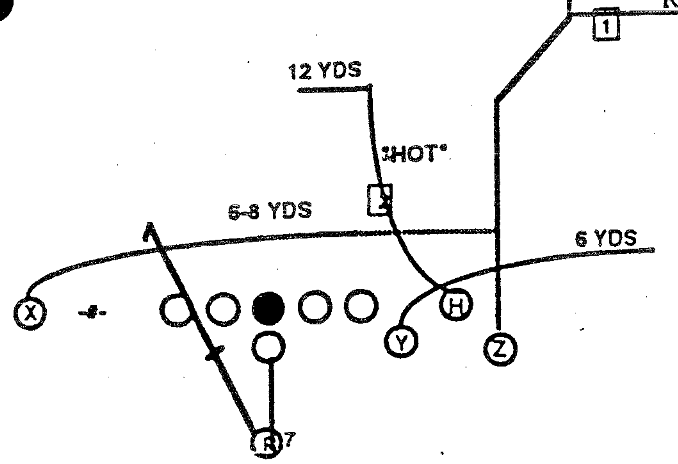
Bunch Rt. Zeke
Scram Lt.
14 Pivot

I just got this from John McGregor. (Henning got it from the Vikings)

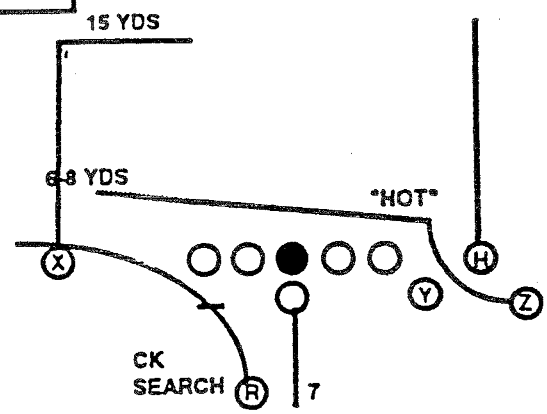
2/1/95

MINNESOTA VIKINGS

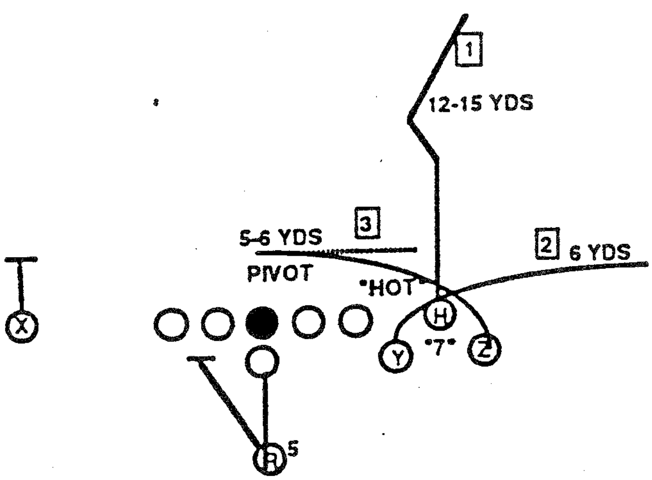
BUNCH ROUTES



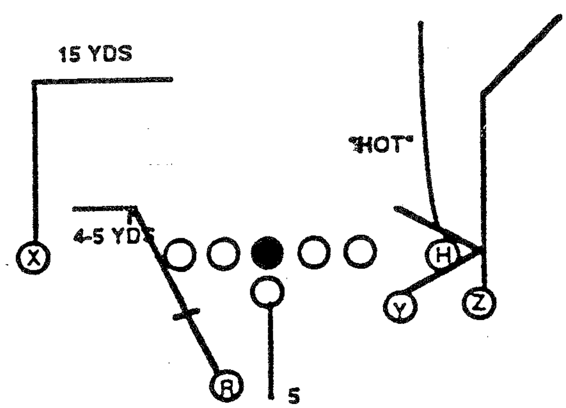
SCAT 067



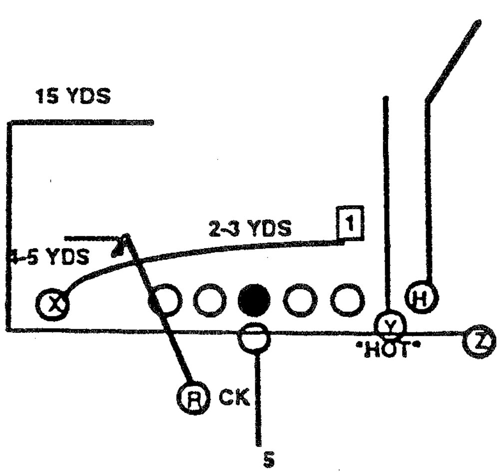
HI/LO 492



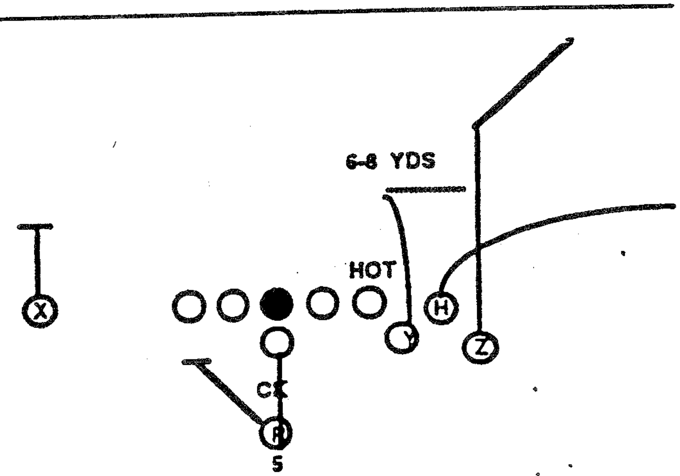
SCAT Y FLAT



SCAT Y ANGLE



SCAT X ANGLE DRAG

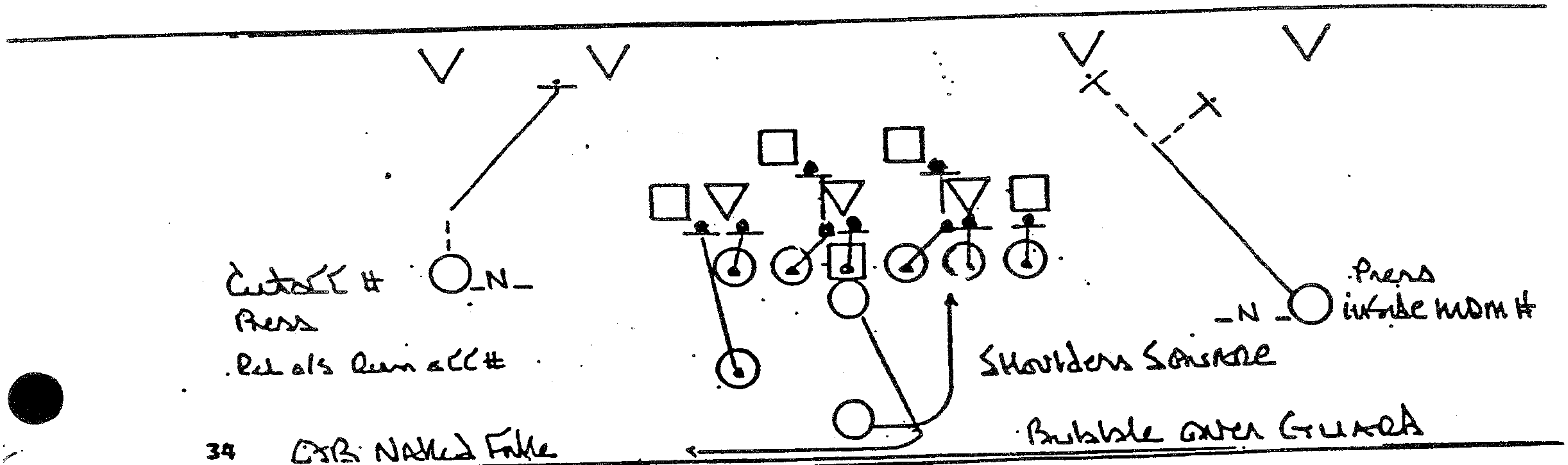


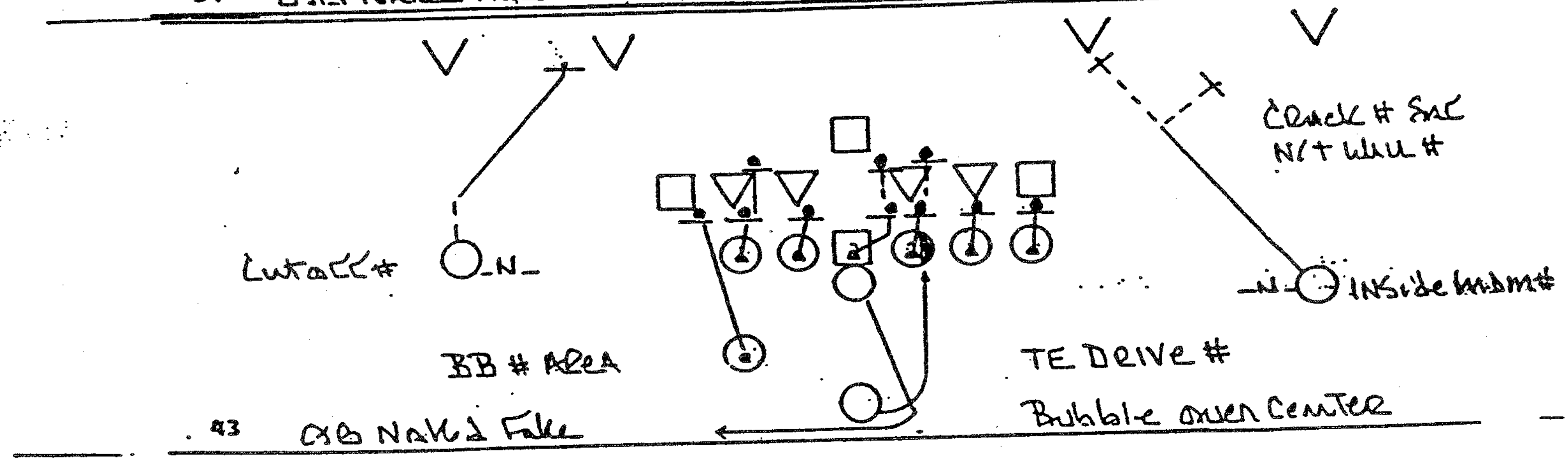
SCAT Y CHOICE

PLAY: FAR RT 40(50) GUT
POWER ZONE # ON SIDE -- TIGHT CUT OFF # OFFSIDE

: TOES AT 6 1/2 YDS. PSL TO LOCATE BUBBLE. LANDMARK DETERMINED BY BUBBLE. FOOTWORK: OPEN STEP CROSS OVER ROLL BUBBLE OVER GRD PRESS INSIDE HIP OF THE TKL - FEEL NOSE. POSSIBLE SPILL VS DE PINCH. BUBBLE OVER CTR OR TKL PRESS OUTSIDE HIP OF GRD. BC MUST PRESS THE HOLE.

QB: OPEN GET BALL DEEP TO BC. MUST PSL TO LOCATE BUBBLE WITH BC.





WHAT IF:

1. SDF. HB SHIFT TO TRIPS FOR DUBS #ING. POSSIBLE AUDIBLE.
2. 44 HB SHIFT TO TRIPS FOR 44 #ING - CTR STEP ONSIDE WORK BACK. POSSIBLE WHAM CALL STRONG TO # MAC. POSSIBLE AUDIBLE.

40/50 GUT — STRONGSIDE POWER ZONE-WEAKSIDE TIGHT CUTOFF

QB
OPEN-GET BALL DEEP TO R-BK.
PSL TO LOCATE THE BUBBLE

WR
ONSIDE-INSIDE MDM *
OFFSIDE-CUTOFF *

R-BK
OPEN STEP-CROSSOVER-ROLL
TOES AT 6 1/2 YARDS
PSL-LANDMARK DETERMINED BY BUBBLE
BUBBLE OVER GUARD-PRESS INSIDE HIP OF TACKLE
GUARD COVERED-PRESS OUTSIDE HIP OF GUARD

TE/Y
COVERED-DRIVE * MAN OVER, IF TKL IS UNCOVERED READ *.
ALERT FOR GANG * OR BLAST * IF A BUBBLE OVER THE GUARD.
SDF- *INSIDE DUBS
44-TREY* WITH TKL TO MAC

H-BK
WEAKSIDE-CUTOFF * 3RD DEFENDER
STRONGSIDE- * SUPPORT
SDF- * OUTSIDE DUBS
44- * MAN OVER TE/Y (STUB)

CENTER
COVERED-DRIVE * MAN OVER, POSSIBLE SCOOP * IF WEAK GUARD IS UNCOVERED
UNCOVERED-RAY/LENNY *

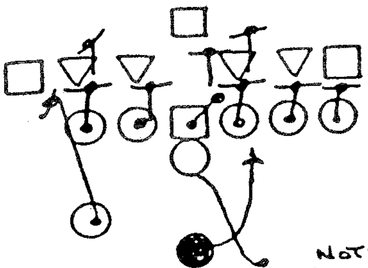
STRONG GUARD
COVERED-DRIVE * MAN OVER, POSSIBLE RAY/LENNY IF CENTER IS UNCOVERED
UNCOVERED-READ * WITH TACKLE
ALERT GANG * OR BLAST *

STRONGSIDE TACKLE
COVERED-DRIVE * MAN OVER,POSSIBLE READ * IF GUARD IS UNCOVERED
ALERT GANG * OR BLAST *
UNCOVERED-READ * WITH TE/Y
SDF- *MAC
44-TREY * WITH TE/Y TO MAC

WEAKSIDE GUARD
COVERED-CUTOFF *, POSSIBLE SLIP * IF TKL IS UNCOVERED.
UNCOVERED-SCOOP * WITH CENTER
44-CENTER IS WORKING WEAK

WEAKSIDE TACKLE
COVERED-CUTOFF * OR COMBO *
UNCOVERED-SLIP * TO 2ND DEFENDER

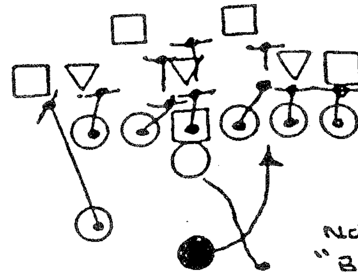
40/50 GUT



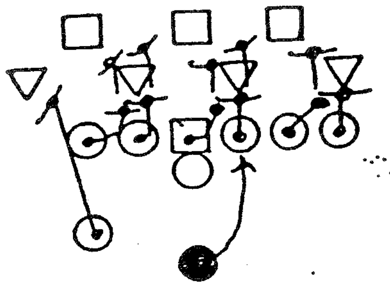
OTE:
KEY BLOCK-
UT-OFF BLOCK
BY OFF-GUARD

NOTE:
"CHOKE" BLOCK
BY GAME PLAN

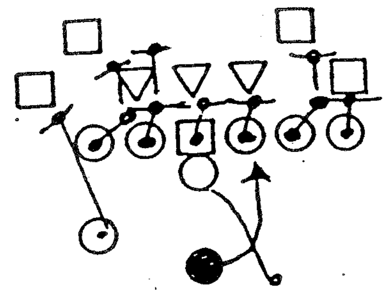
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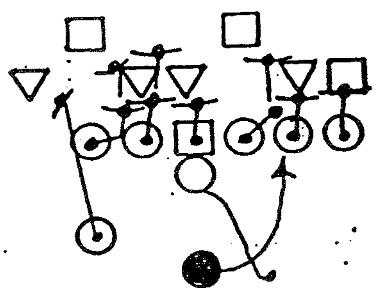
NOTE:
"BLAST" CALL BY TE
BLAST #'ng BY TE, CT, O
34



43 BC

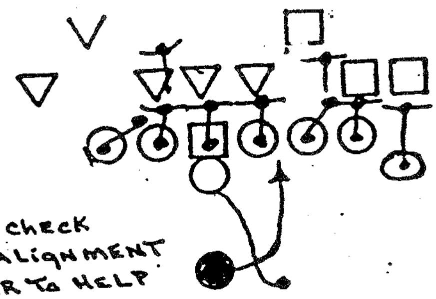


SOLID CHARGER



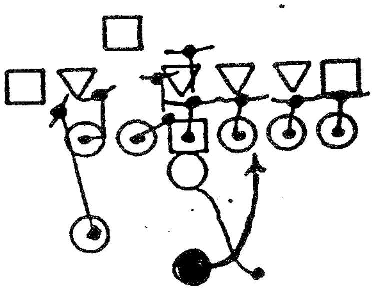
NOTE:
OFF-GUARD/TACKLE
GET SURGE.

54

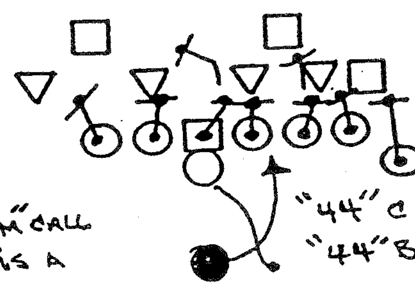


NOTE:
ON TACKLE CHECK
MAC LBKRS ALIGNMENT
ON WHETHER TO HELP
TE OR ON GUARD.

SOLID DUBS FIST



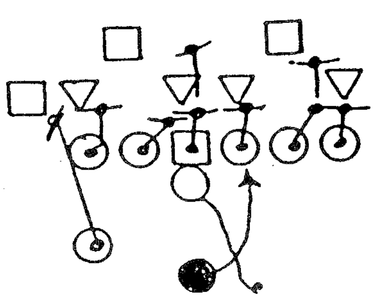
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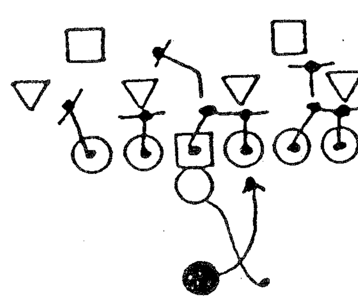
ALERT-
STRONG "WHAM" CALL
BY CENTER IS A
POSSIBILITY.

"44" CALL
"44" BLOCKING

44



57



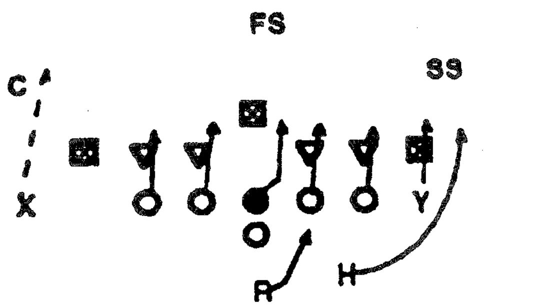
42

Notebook (Recieved 4/20/95)

PLAY- 40/50 GUT

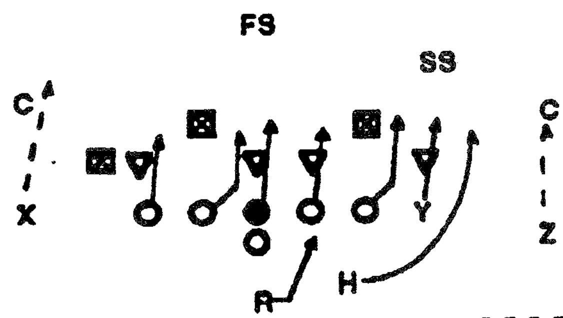
(H STRONG)

43



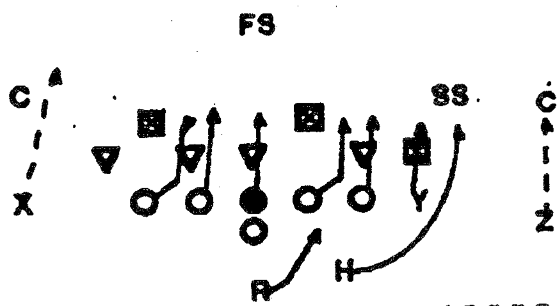
BASIC - Is power zone blocking onside, tight cut-off blocks offside. H is going strong to block the support. Z has corner block.

57



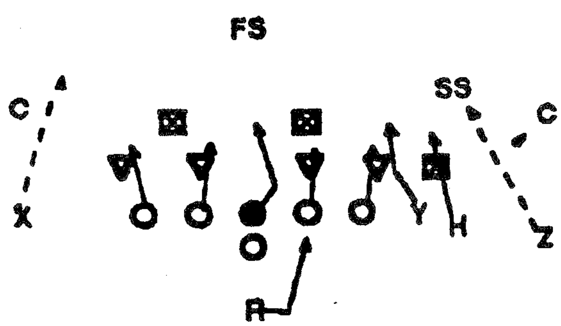
BB- Imaginary landmark 1 yard outside the TE. Chip in route to the SS.

54



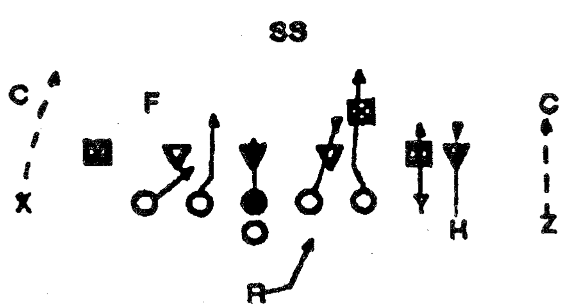
BC- Toes at 6 1/2 yards. PSL to locate the bubble. Open step cross over. Bubble over the guard-press the inside hip of the tackle. If the guard is covered press the outside hip of the guard.

44



QB- Open to the call and get the ball deep to the BC. Must PSL to locate the bubble with BC.

SDF



NOTES-

BB- Shift to trips vs 44 or SDF.

OL-Alert for 44 blocking scheme.

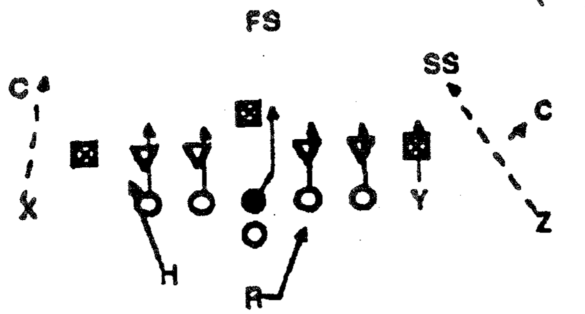
Y- Alert for 44 blocking scheme

Z- Alert for 44 blocking scheme. On 44 BLOCK inside MDM.

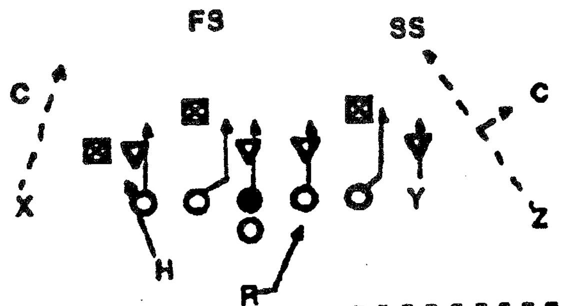
PLAY- 40/50 GUT

(H WEAK)

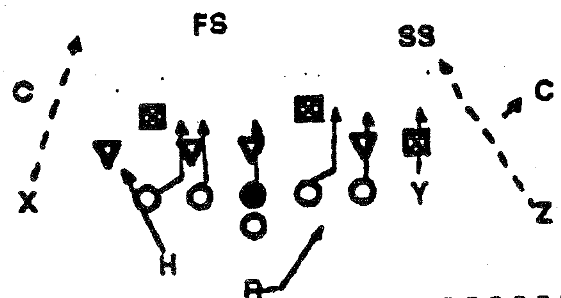
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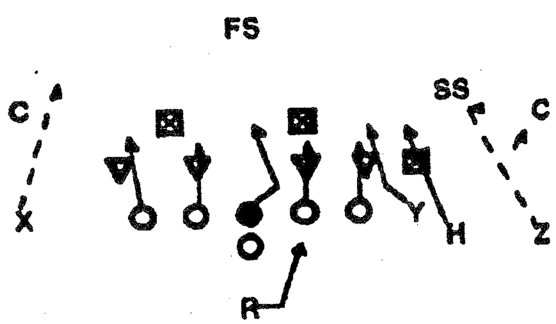
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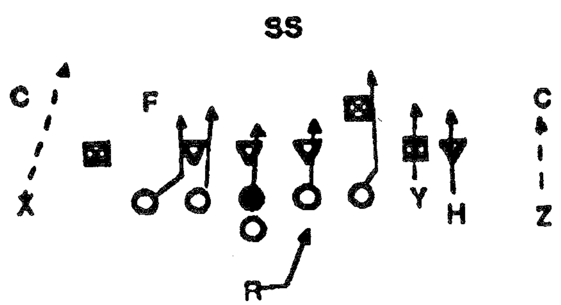
54



44



SDF



BASIC - Is power zone blocking onside, tight cut-off blocks offside. H is going to cut-off on the offside. Z has inside MDM block.

BB- Cut-off on the offside. Be aggressive to allow for cutback.

BC- Toes at 6 1/2 yards. PSL to locate the bubble. Open step cross over. Bubble over the guard-press the inside hip of the tackle. If the guard is covered press the outside hip of the guard.

QB- Open to the call and get the ball deep to the BC. Must PSL to locate the bubble with BC.

NOTES-

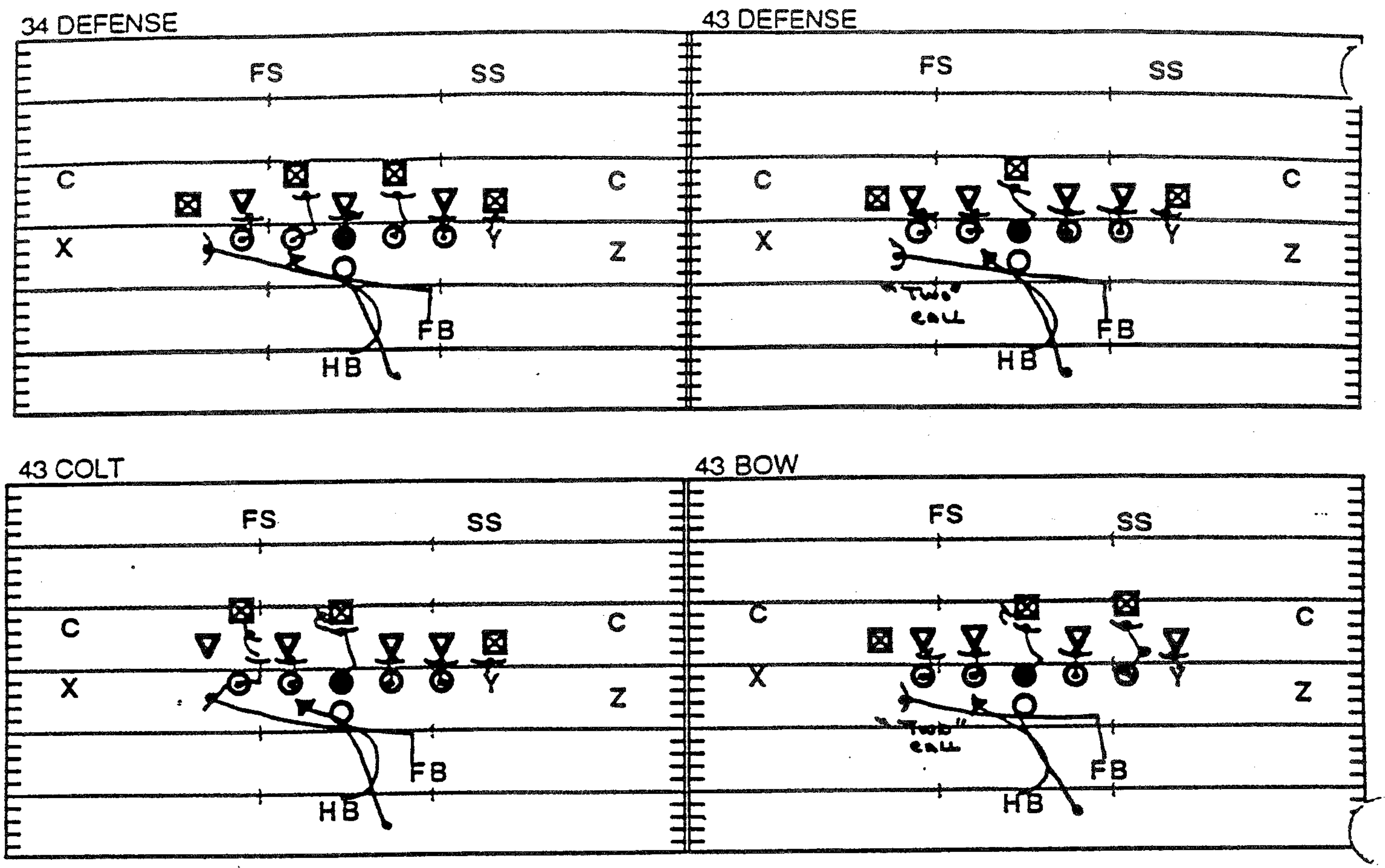
BB- Shift to trips vs 44 or SDF.

OL-Alert for 44 blocking scheme.

Y- Alert for 44 blocking scheme

Z- Alert for 44 blocking scheme. On 44 BLOCK inside MDM.

PLAY: 40/50 WHEEL



QB - FRONT OUT, 5/7 O'CLOCK, FAKE ACT 4/NAKED

HB - TIGHTER GUT PATH - ATTACK BACKSIDE. MAY BOUNCE OUTSIDE

FB - TRAP E.M.L.O.S.

Y - DRIVE # NO. 3 VS. SDF - DBL BUMP DUBS BKRS

Z - # OSD. 1/3

X - # MDM

OST - COVERED AND GUARD UNCOVERED - INFLUENCE # MAN OVER. ALLOW NO PENETRATION.
COVERED AND GUARD COVERED - INFLUENCE # MAN OVER. ALLOW NO PENETRATION. "TWO" CALL.
UNCOVERED - DBTM MAN OVER GUARD - THEN UP ON LBKR.

OSG - COVERED AND TACKLE UNCOVERED - DBTM MAN OVER
COVERED AND TACKLE COVERED - DRIVE # MAN OVER
UNCOVERED - SELL ZONE # W/CTR THEN UP ON LBKR.

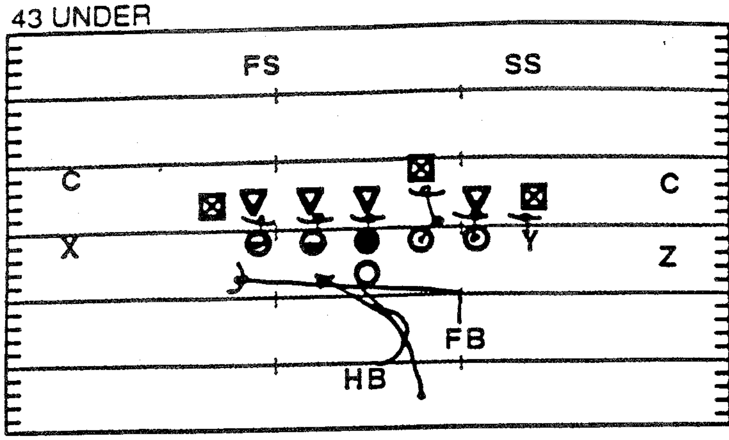
CENTER - # GUT'NG - ALLOW NO PENETRATION

BSG - # GUT #NG

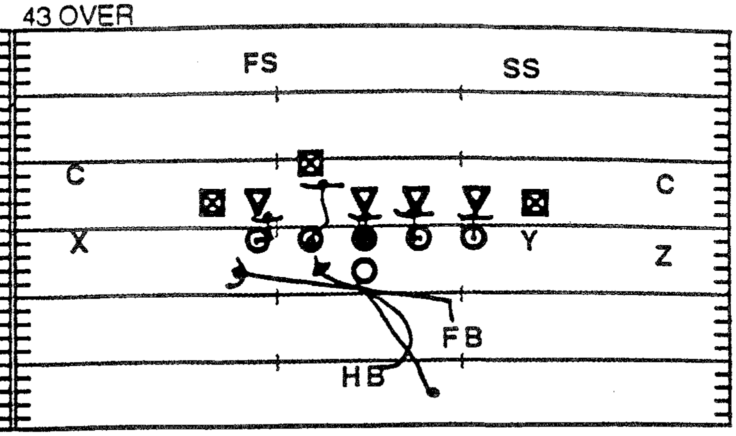
BST - # GUT #NG

POINTS
1. USE IN 3 TE's - GET INFLU. # BY FB
2. USE IN NKL W/Y OFF & TRAPPING

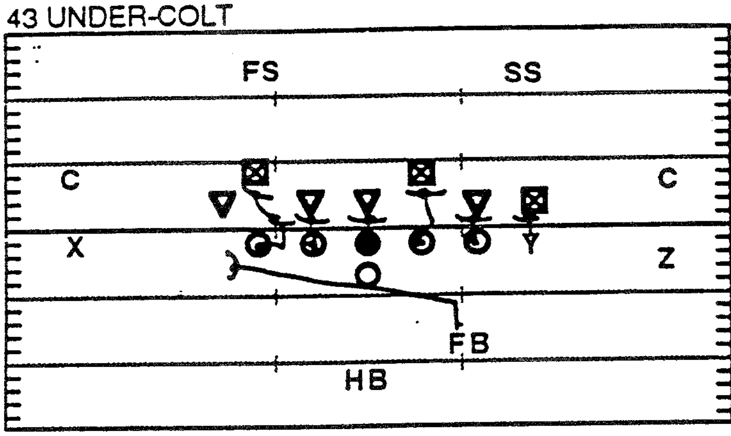
43 UNDER



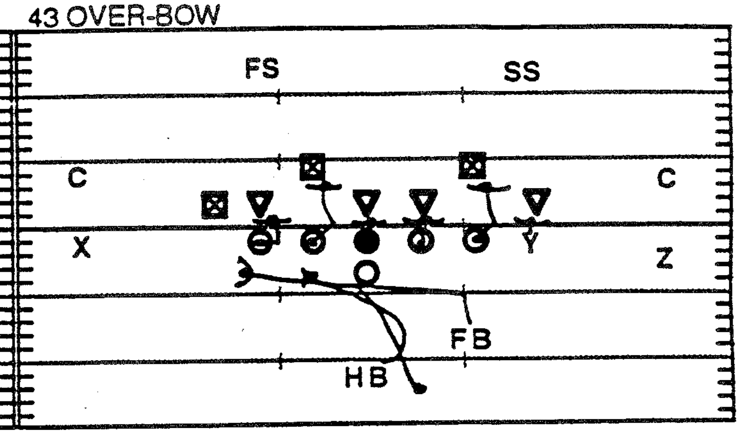
43 OVER



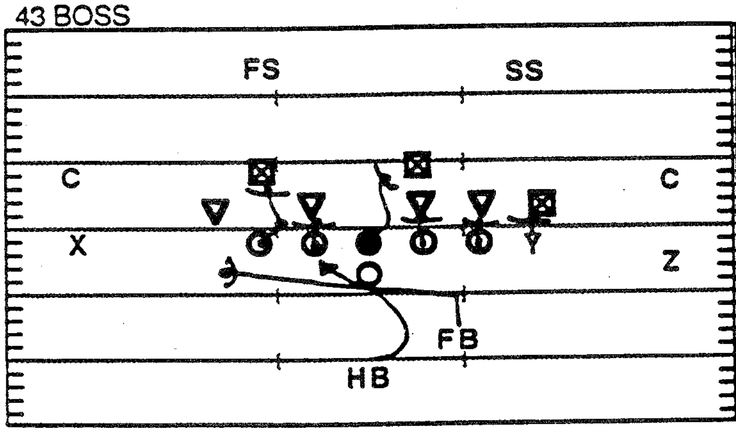
43 UNDER-COLT



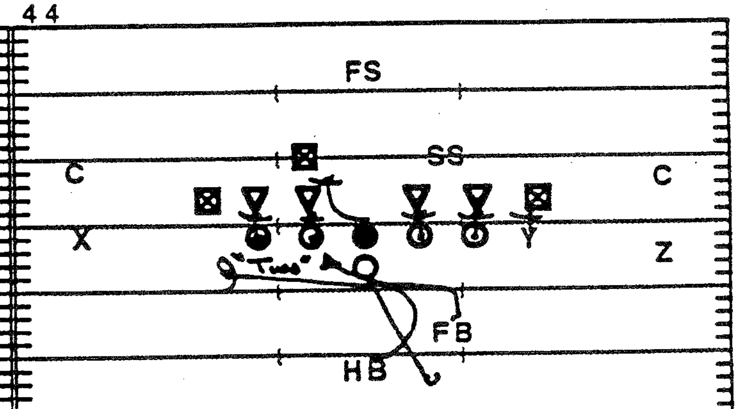
43 OVER-BOW



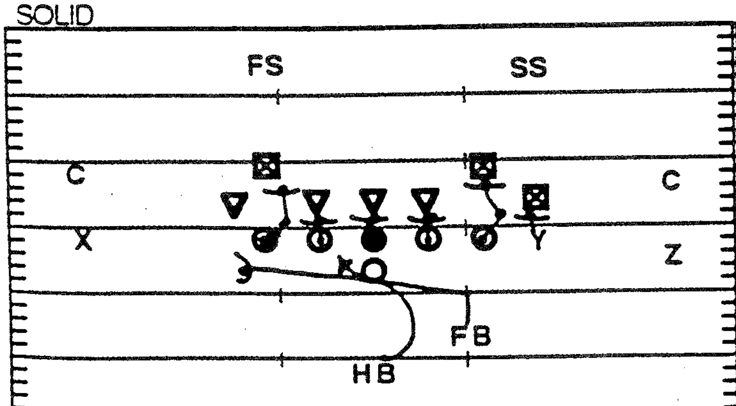
43 BOSS



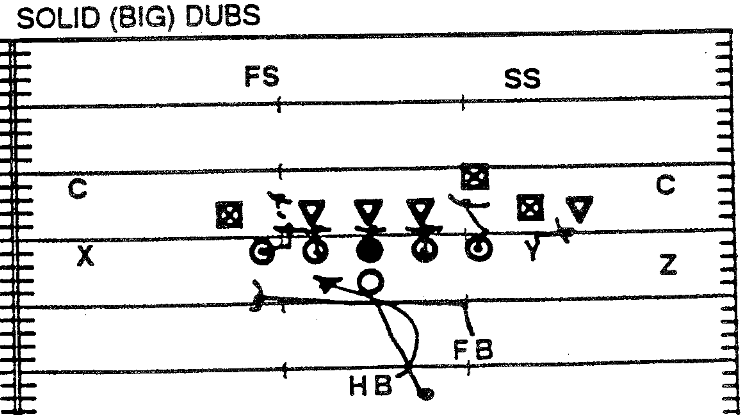
4 4



SOLID



SOLID (BIG) DUBS



60/70 COUNTER GAP   STRONGSIDE GAP * ING-WEAKSIDE PULL

QB
- OPEN AWAY FROM THE CALL
- GET BALL DEEP TO R-BK
- DON'T CUT R-BK OFF

CENTER
OFF * THE 1ST DEFENDER WEAKSIDE ON LOS
TACKLE WILL SLAM * A WIDE 3
ALERT 2 CALL -NO HELP FROM TACKLE

WR
- ONSIDE-INSIDE MDM *
- OFFSIDE-CUTOFF

STRONGSIDE GUARD
IF THE CENTER IS COVERED DOWN *
IF THE CENTER IS UNCOVERED DUECE *

R-BK
- CTR STEPS-LOOK OFF ·BERS
- TOES AT 6 1/2 YARDS
- SLASH DOWNHILL KEEPING INSIDE
  HIP RELATIONSHIP WITH TACKLE

STRONGSIDE TACKLE
IF THE GUARD IS COVERED DOWN * OR DUECE *
IF THE GUARD IS UNCOVERED TREY *

TE/Y
- IF THE TACKLE IS COVERED DOWN *
- OR TREY *
- IF THE TACKLE IS UNCOVERED READ
- THE BOX 7 MAN-GO THRU
  6 MAN WIDE CALL

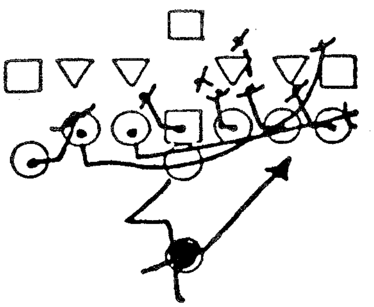
WEAKSIDE GUARD
PULL AND TRAP * THE EMOLOS

H-BK
- CUTOFF * 2 MAN ON LOS PAST THE CTR.
- STAY CALL-YOU PULL FOR TACKLE

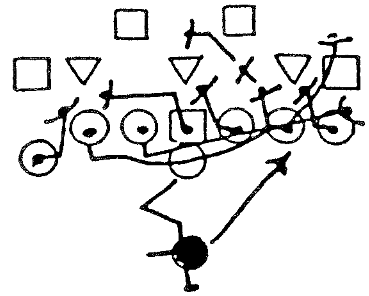
WEAKSIDE TACKLE
PULL AND TURN UP 1ST DAYLIGHT
STAY CALL VS WIDE 3-SLAM *

WHAT IF:

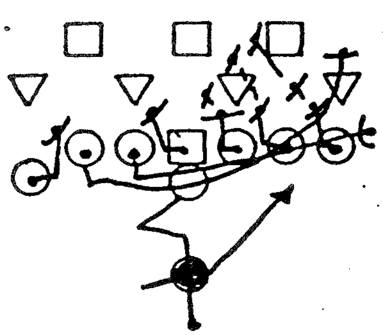
60/70 CTR



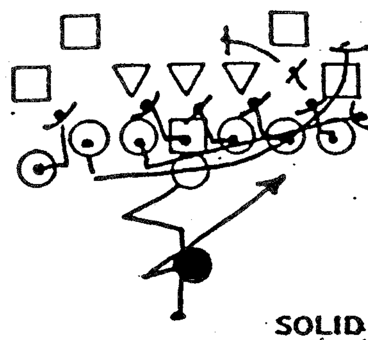
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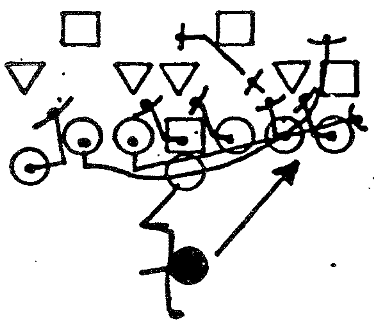
34



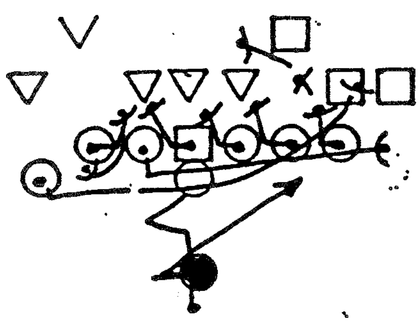
43 BC



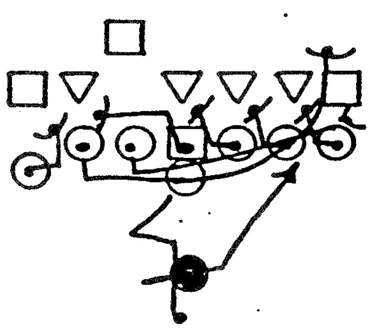
SOLID CHARGER



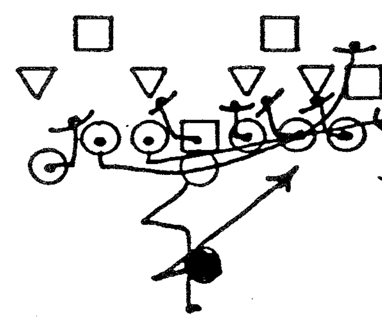
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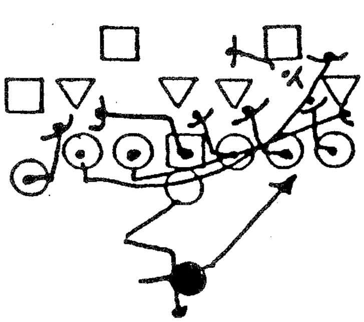
SOLID DUBS FIST



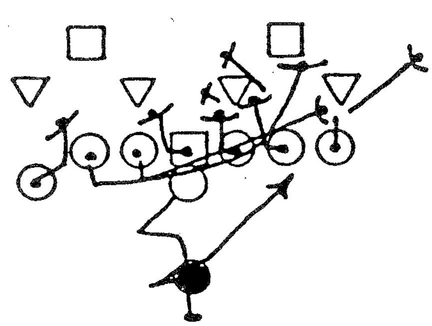
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44



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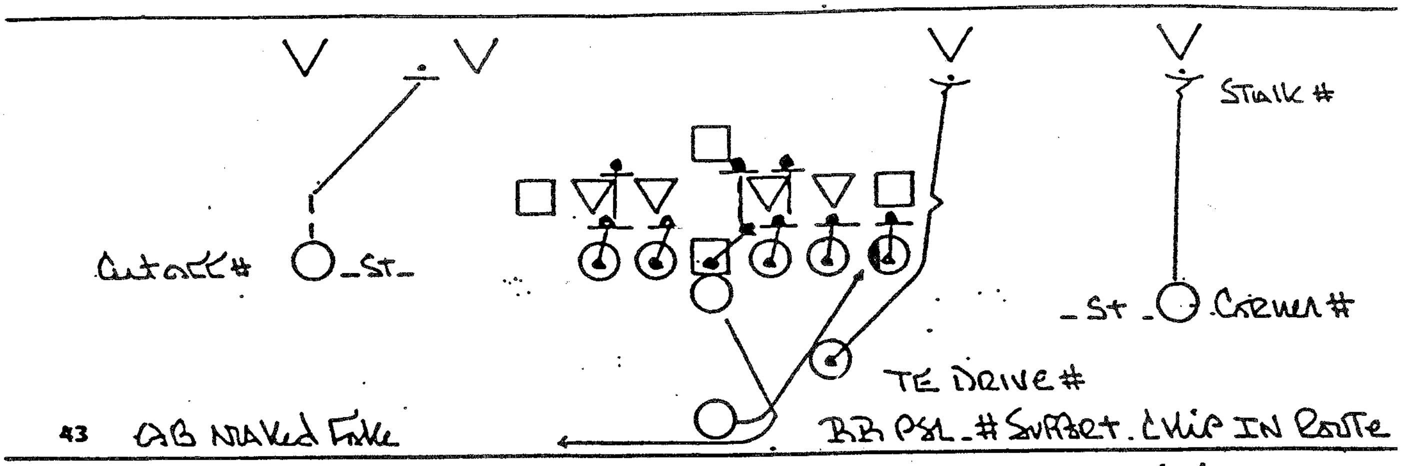


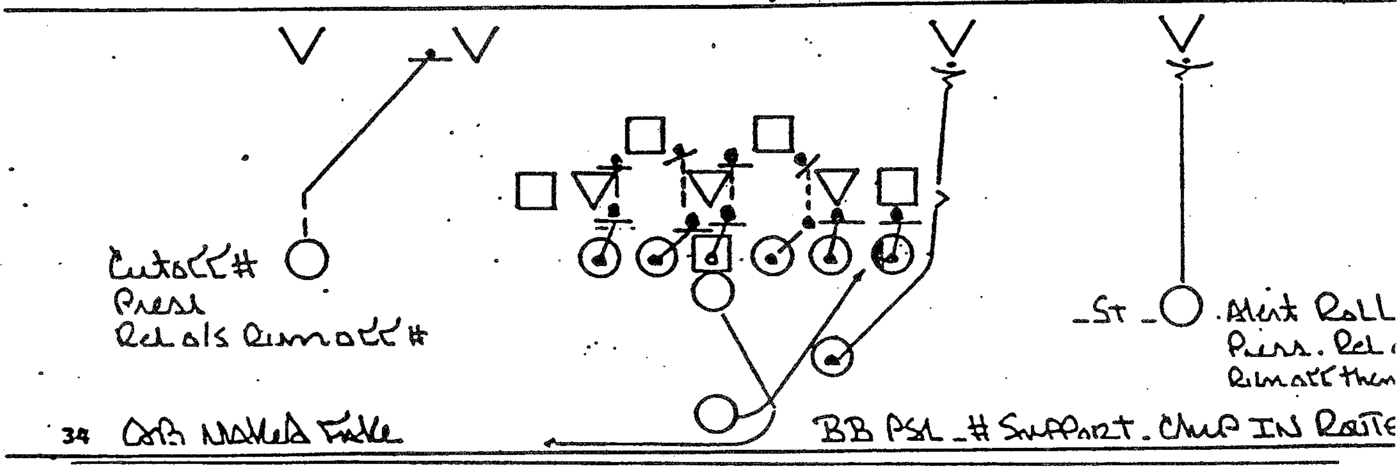
42

NEAR RT 60(70) GASH
POWER ZONE # ON SIDE -- CUT OFF # OFF SIDE

TOES AT 6 1/2 YDS. PSL FOR SUPPORT LOOK. OPEN STEP SLASH FOR INSIDE FOOT OF TE AT 7/8 SPEED. PRESS THE HOLE. POSSIBLE SPILL VS PINCH BY DEFENDER OVER TE.

QB: OPEN SPRINT TO BC.



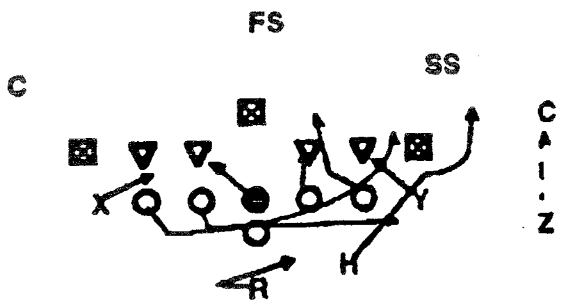


WHAT IF:

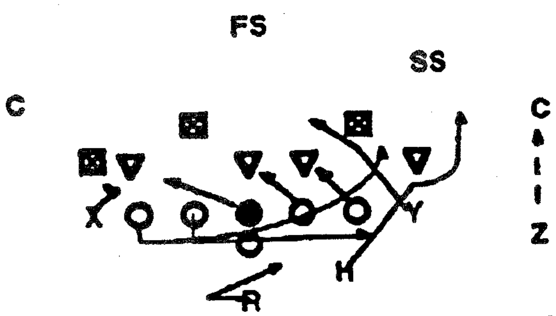
1. SDF. HB SHIFT TO TRIPS FOR DUBS #ING.
2. 44. HB SHIFT TO TRIPS FOR 44 #ING. CTR STEP O/S WORK BACK.
3. QB/R-BK RUN GUT.

PLAY- 60/70 CTR LOAD/BLUFF

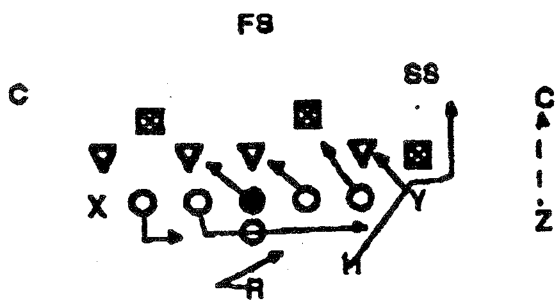
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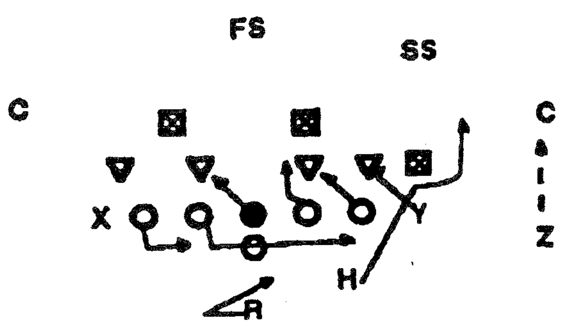
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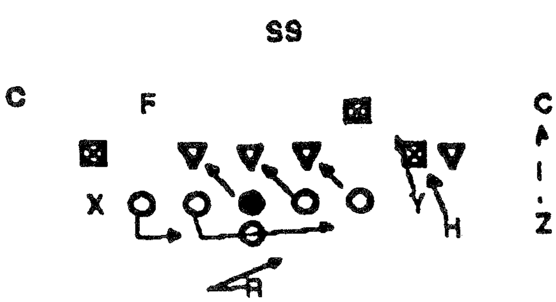
54



44



SDF



BASIC- Strongside gap blocking. Offside guard will pull and trap. Offside T will pull and turn up at 1st daylight.

BB- Load block or bluff the E.M.O.L.O.S. to the call. Possible 4 block with Y.
ANY FRONTS THAT WILL REQUIRE A 4 BLOCK - SHIFT TO TRIPS!

BC-Toes at 6 1/2 yards. Ctr steps Look off LBers. Slash to landmark of onside tackle's butt. Keep inside hip relationship with OT.
T Position- Toes at 5 yards. Big slide to QB. Lose 1 yard. Slash it downhill.

QB- Open away from the call. Get the ball deep. Don't cutoff the BC.
T Position- Like paint.

NOTES-
OL-Alert for run thrus
Y - SDF 4 block
Z- Corner block.
X/Z-Cutoff block on the backside is the 2nd defender on LOS past the center.

60/70 GASH

STRONGSIDE POWER ZONE-WEAKSIDE TIGHT CUTOFF

QB
OPEN SPRINT TO R-BK

WR
ONSIDE-CORNER *
OFFSIDE-CUTOFF *

R-BK
OPEN STEP-SLASH FOR INSIDE
FOOT OF THE TE AT 7/8 SPEED
TOES AT 6 1/2 YARDS.
PSL SUPPORT LOOK

TE/Y
COVERED-DRIVE * MAN OVER, IF TKL
IS UNCOVERED READ *.
ALERT FOR GANG * OR BLAST * IF
A BUBBLE OVER THE GUARD.
SDF-*INSIDE DUBS
44-TREY* WITH TKL TO MAC

H-BK
WEAKSIDE-CUTOFF * 3RD DEFENDER
STRONGSIDE-* SUPPORT
SDF-* OUTSIDE DUBS
44- * MAN OVER TE/Y (STUB)

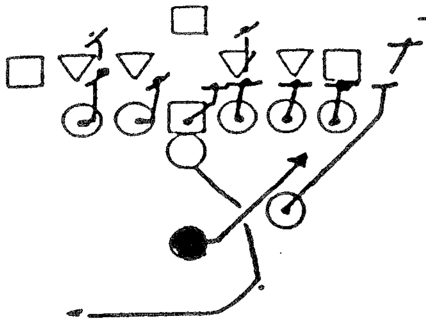
CENTER
COVERED-DRIVE * MAN OVER, POSSIBLE
SCOOP * IF WEAK GUARD IS UNCOVERED
UNCOVERED-RAY/LENNY *

STRONG GUARD
COVERED-DRIVE * MAN OVER, POSSIBLE
RAY/LENNY IF CENTER IS UNCOVERED
UNCOVERED-READ * WITH TACKLE
ALERT GANG * OR BLAST *

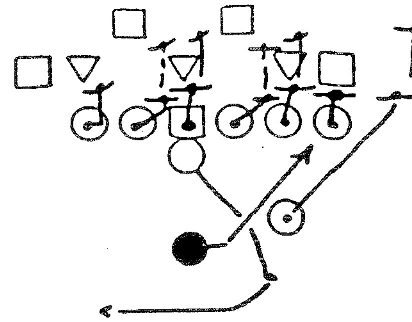
STRONGSIDE TACKLE
COVERED-DRIVE * MAN OVER,POSSIBLE
READ * IF GUARD IS UNCOVERED
ALERT GANG * OR BLAST *
UNCOVERED-READ * WITH TE/Y
SDF-*MAC
44-TREY * WITH TE/Y TO MAC

WEAKSIDE GUARD
COVERED-CUTOFF *, POSSIBLE SLIP * IF
TKL IS UNCOVERED.
UNCOVERED-SCOOP * WITH CENTER
44-CENTER IS WORKING WEAK

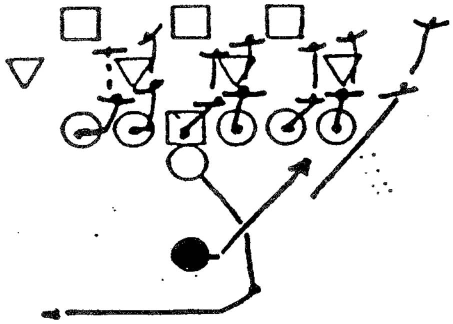
WEAKSIDE TACKLE
COVERED-CUTOFF * OR COMBO *
UNCOVERED-SLIP * TO 2ND DEFENDER



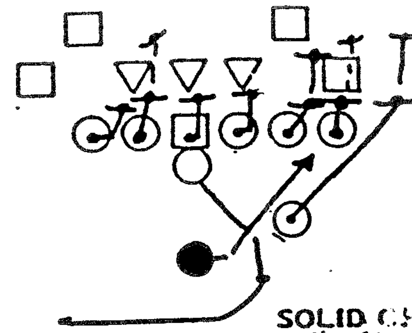
43



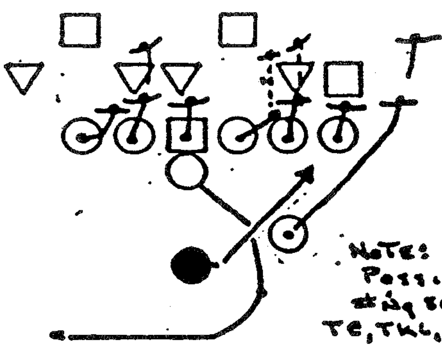
34



43 BC

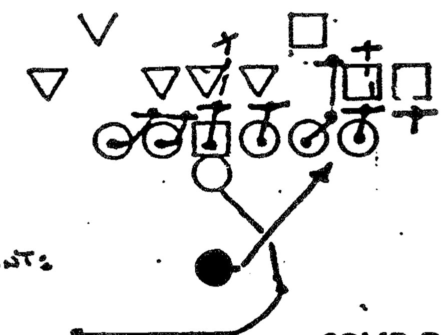


SOLID CHARGER



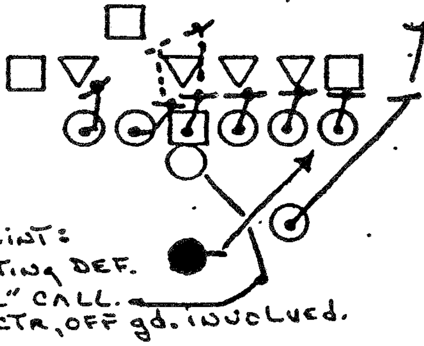
NOTE:
Possible GANG
-ing scheme by
TE, TKL, Gd.

54



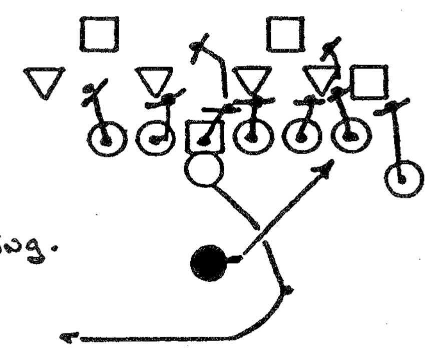
Coaching Point:
"Big Scoop."

SOLID DUBS FIST



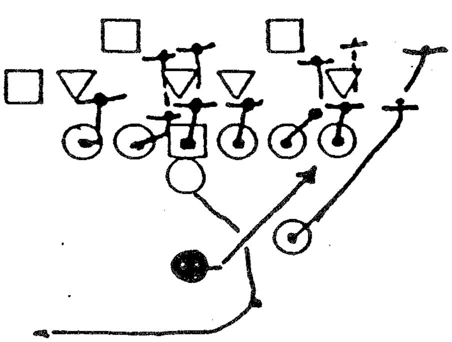
Coaching Point:
vs. A stunting DEF.
"TRIPLE" CALL.
TKL, Gd, CTR, OFF gd. involved.

56

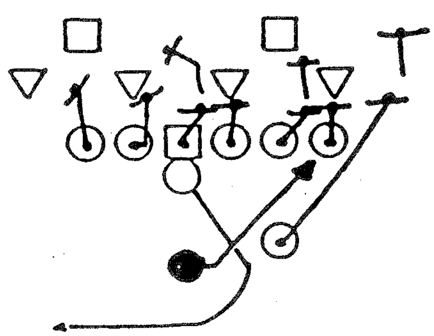


NOTE:
"44" Blocking.

44



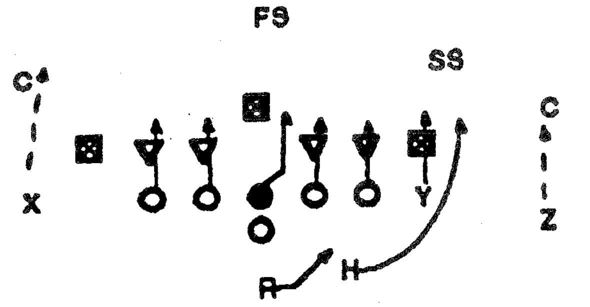
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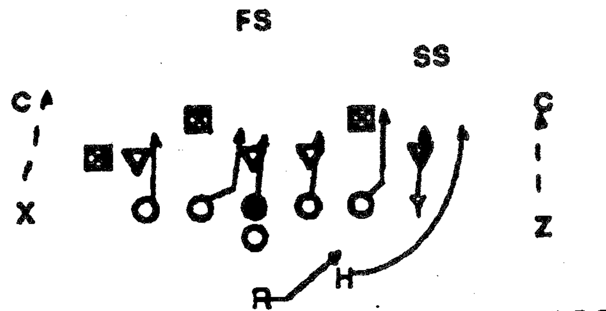
42

PLAY- 60/70 GASH
(OUTSIDE)

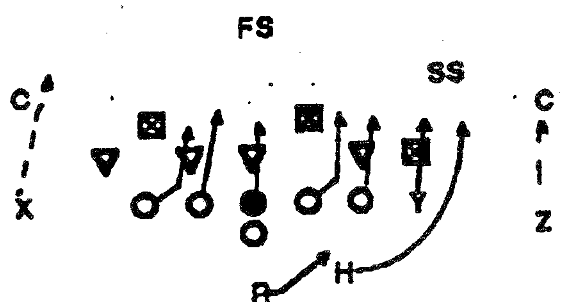
4 3



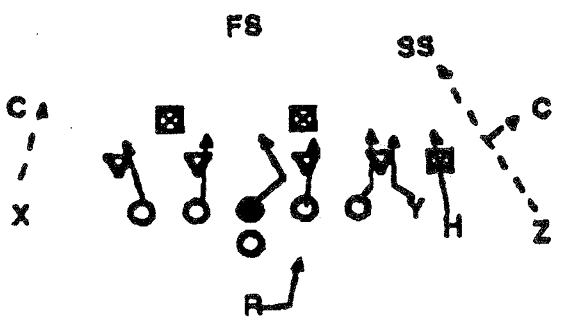
5 7



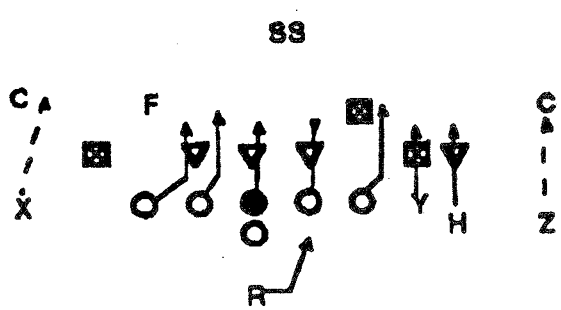
5 4



4 4



SDF



BASIC - Is power zone blocking onside, cut-off blocks offside. H is going strong to block the support. Z has corner block.

BB- Imaginary landmark 1 yard outside the TE. Chip in route to the SS.

BC- Toes at 6 1/2 yards. PSL for support look. Open step slash for the inside foot of the TE at 7/8ths speed. Press the hole. Possible spill vs pinch by the over the TE.

QB- Open sprint to the BC.

NOTES-

BB- Shift to trips vs 44 or SDF.

OL-Alert for 44 blocking scheme.

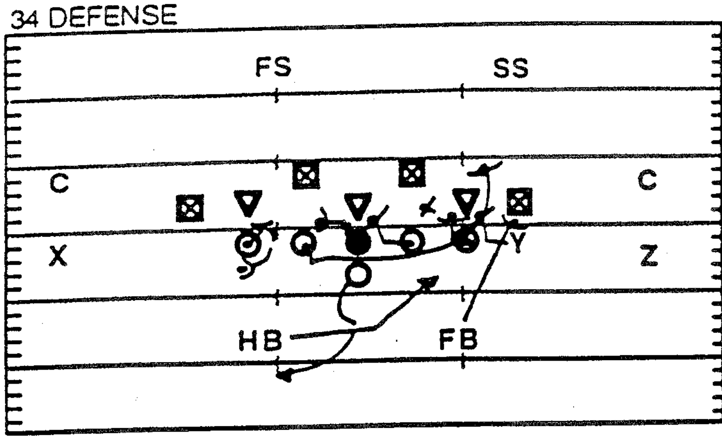
Y- Alert for 44 blocking scheme

Z- Alert for 44 blocking scheme. On 44 BLOCK inside MDM.

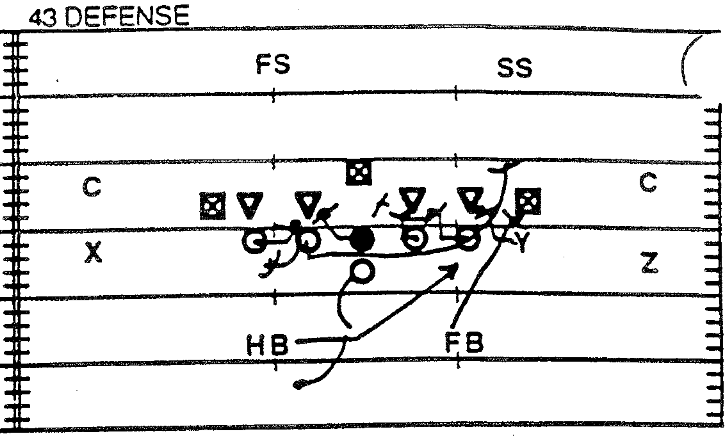
BC- GASH reverts to GUT vs a 44 or SDF.

PLAY: 60/70 POWER

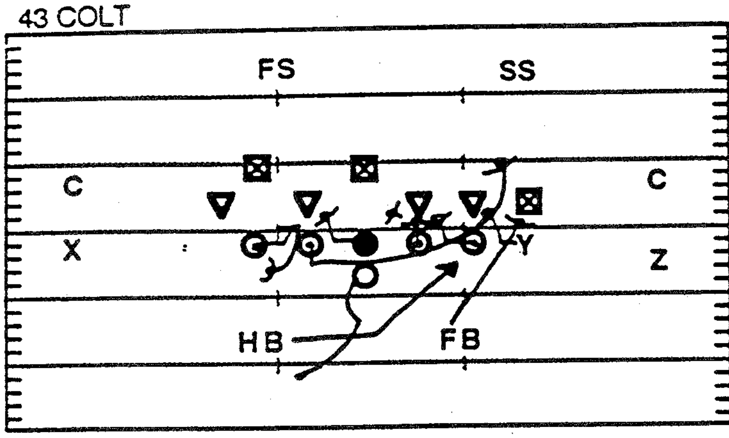
34 DEFENSE



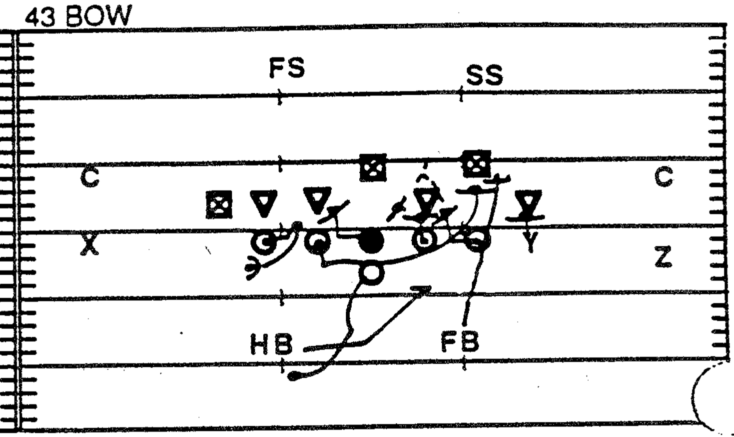
43 DEFENSE



43 COLT



43 BOW



QB - FRONT OUT, 6 O'CLOCK, HOP STEP, FAKE COUNTER PASS

HB - FAST COUNTER STEP - START DOWN HILL & READ IT

FB - BLOCK THE OUTSIDE LB'er TO PLAYSIDE

Y - VS. 34 - DOWN # - GAP STEP; VS. EVEN DEF. - GAP #; TACKLE UNCOVERED - # MAN OVER - GAME PLAN

Z - # MDM

X - # MIDDLE 1/3

OST - COVERED & OSG UNCOVERED - GAP STEP - # MAN OVER - BODY PRESENCE FOR TE. ALERT FOR MAC LBKR RUN THRU. IF OSG COVERED - DEUCE # - TRUE DBTM. TECH.; VS. SOLIDS - GAP #. - NO PENETRATION.

OSG - COVERED & CENTER UNCOVERED - DEUCE # WITH TACKLE - TRUE DBTM TECH.; COVERED & CENTER COVERED - A) # DOWN B) DEUCE W/TKL IF CENTER CALLS MINGO - GAME PLAN VS. SOLIDS - GAP # - NO PEN. UNCOVERED - # DOWN.

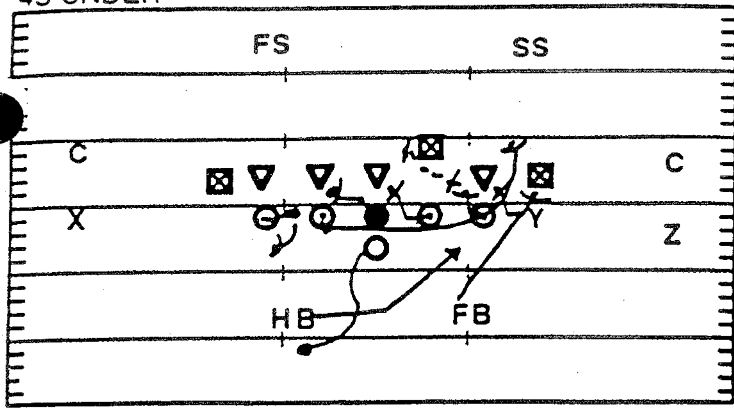
CENTER - # BACK. IF COVERED - STAB & WORK BACK - IF NO THREAT BACKSIDE CALL MINGO $ # MAN OVER UNCOVERED - # BACK VS SOLIDS - # BACK VS. 4-3 UNDER - # BACK

BSG - PULL WITH SPEED - TURN UP INTO FIRST HOLD PLAYSIDE. IF TE SINGLED - READ HIS # HAVE NO HESITATION - ATTACK. Pull tight to DBL TEAM

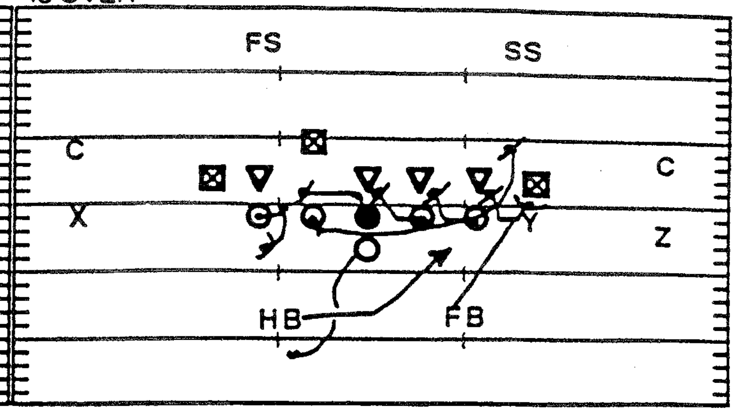
BST - COVERED & OSG UNCOVERED - # MAN OVER - TAKE INSIDE AWAY - THAN HINGE FOR WILL LBKR UNCOVERED - STEP HARD & INSIDE STAB MAN OVER GUARD - THEN WORK BACK TO DE/LBKR

*PREFER THIS PLAY IN ONE BACK SET WITH 3 WR's. ISOLATE TIGHT END ON DEF. END (CAN FLY THIS) - GET SURGE ON DEFNDR OVER GUARD WITH DOUBLE TEAM.

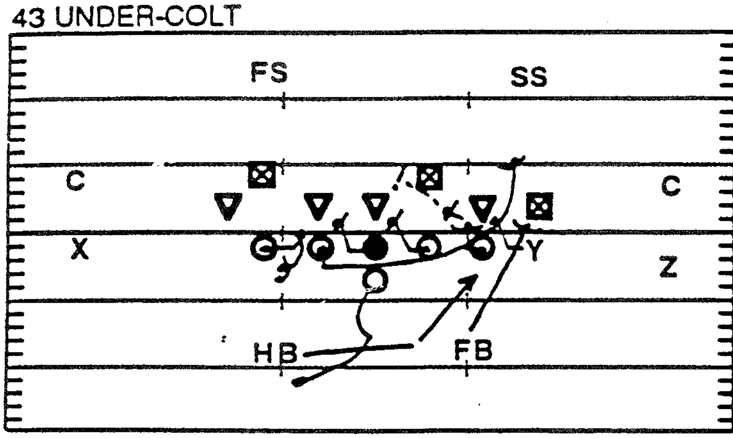
43 UNDER



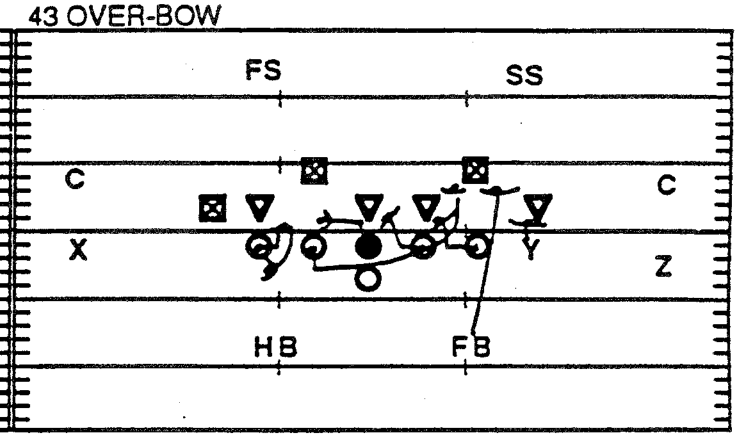
43 OVER



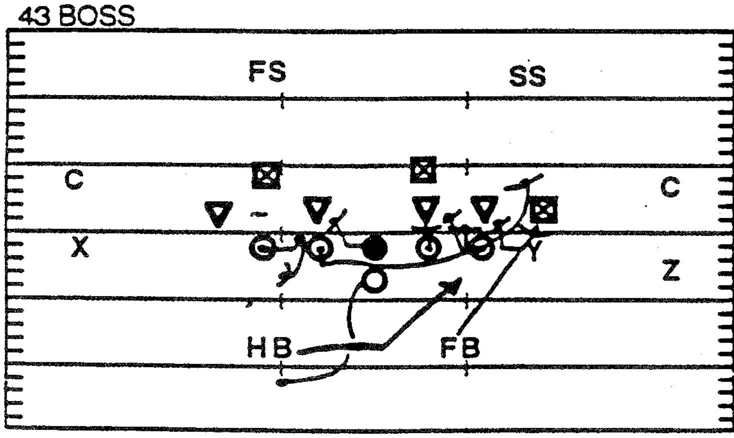
43 UNDER-COLT



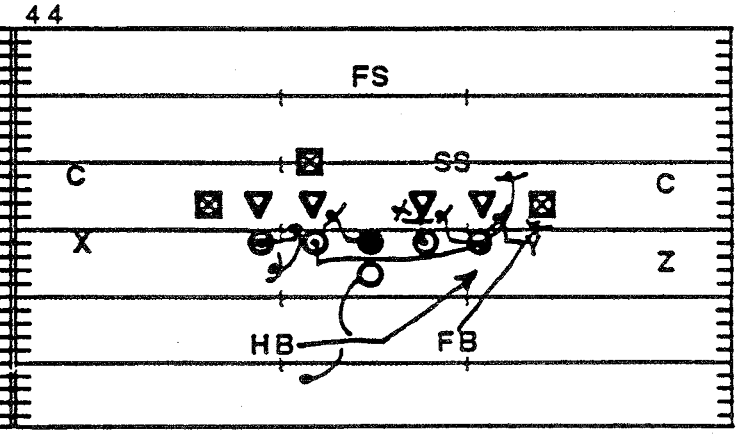
43 OVER-BOW



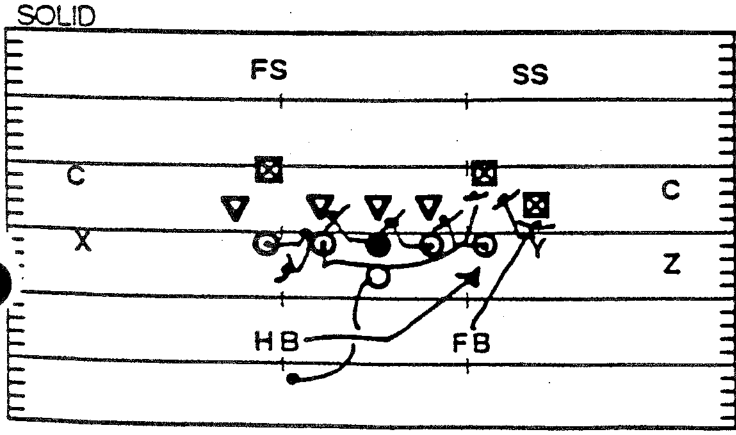
43 BOSS



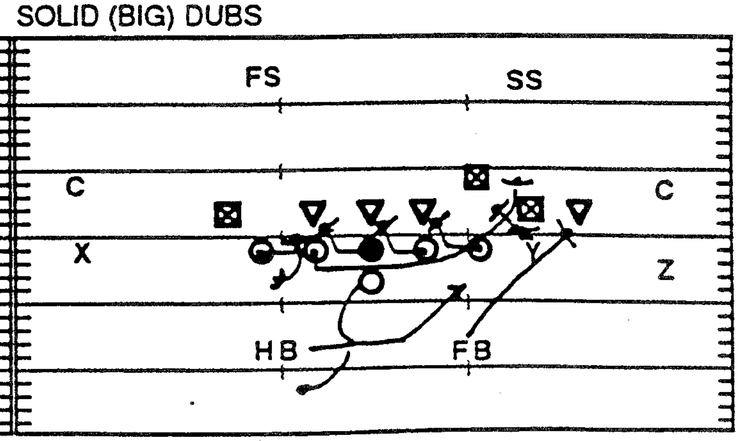
4 4



SOLID



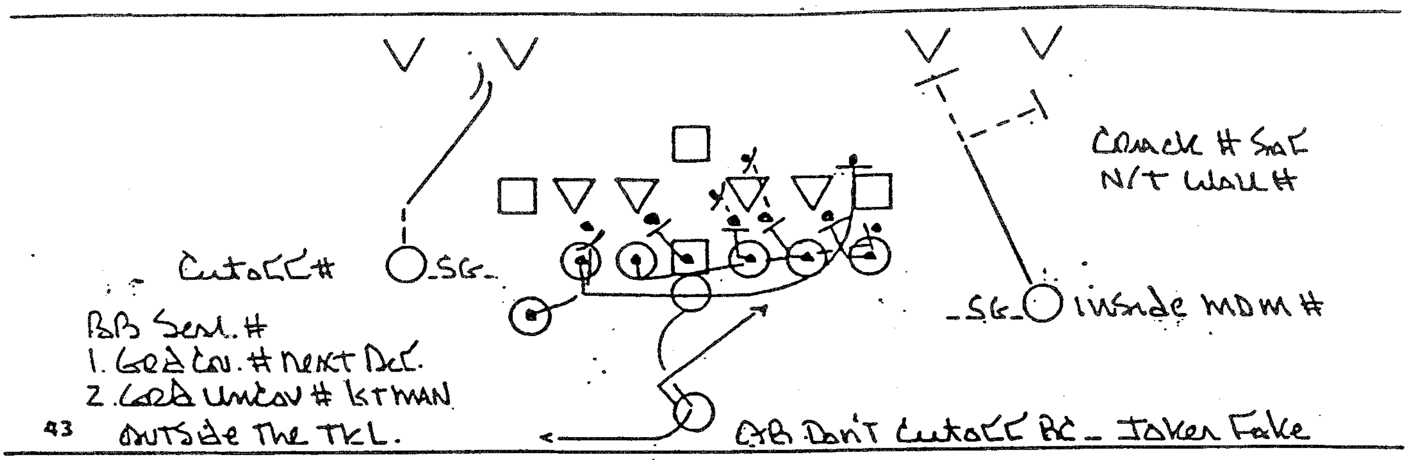
SOLID (BIG) DUBS

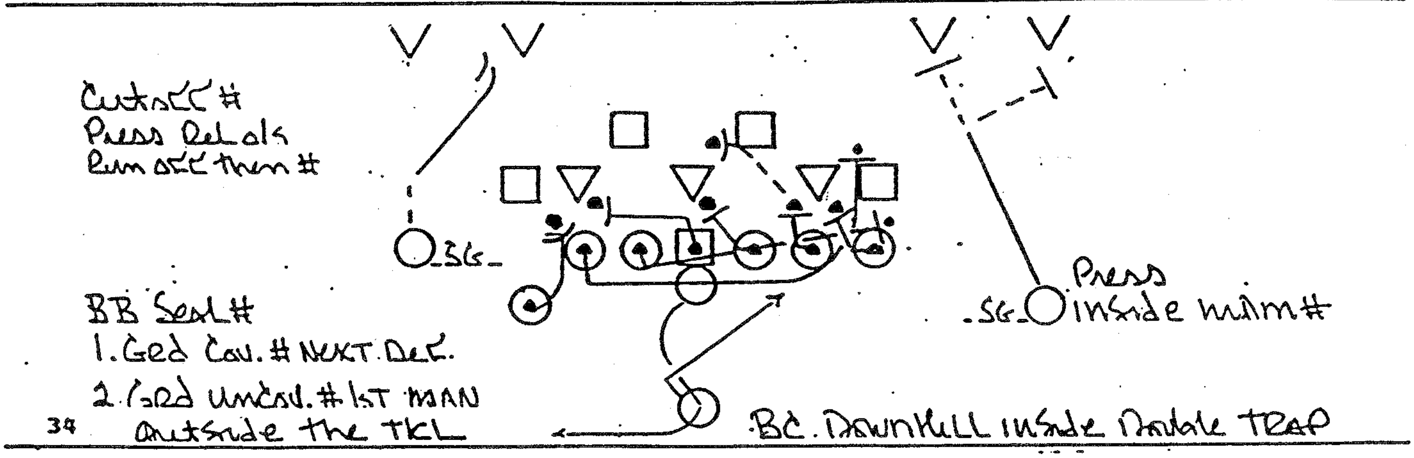


SPREAD RT SNUG 60(70) CTR
STRONG SIDE GAP #ING -- WEAK SIDE -- GRD TRAP - TKL THRU 1ST DAY LITE.

BC: Q: TOES 6 1/2 YDS. CTR STEPS - LOOK OFF LBKRS. SLASH TO LANDMARK OF ONSIDE TKL'S BUTT - KEEP INSIDE HIP RELATIONSHIP WITH OT - TKL. THINK SLASH OFF TKL.
T: TOES AT 5 YDS. BIG SLIDE TO QB - LOSE 1 YD. THEN SLASH DOWNHILL.

QB: Q: OPEN AWAY FROM CALL - GET BALL DEEP - DON'T CUT BC OFF. T: LIKE PAINT.





WHAT IF:

1. WEAK SIDE DT IN WIDE 3 TECH.
   1.1 SPREAD - STAY CALL HB PULL - TKL STAY - SLAM # - SEAL
   1.2 TRIPS - AUDIBLE

2. WEAK SIDE 43 ET/TE/PINCHES - GAME PLAN STAY CALL OR AUDIBLE

JIM HANIFAN (4/17/95) VISIT

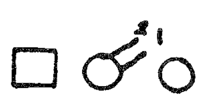
A) GENERAL

1. 2 Levels of Align: Normal = G's + T's hat even w/center's mid-section; short yardage + G.L. = crowd L.O.S.
2. Feet parallel.
3. Aim hat + punch tech. = punch not a wind up as much as Bugel's (begins almost at ~~pocet~~ pockets).

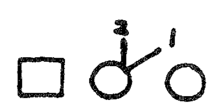
B) "40 Gut"

1. Line splits = 2-3-3
2. RT vs "2 gapper" Aim for his crotch + take him off the ball (don't come off of him too fast unless he just flat out leaves)
3. RG 1st step at 45° + on 2nd step take DE, if not 2nd step must be up at LB (to square shoulders)

WRONG:



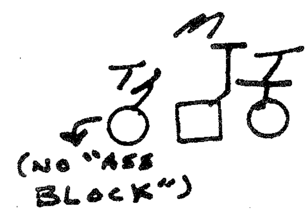
Right:



(when going on LB)

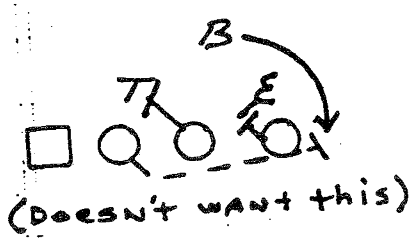
* RT not in hurry to come off – take care of 1st. Level.

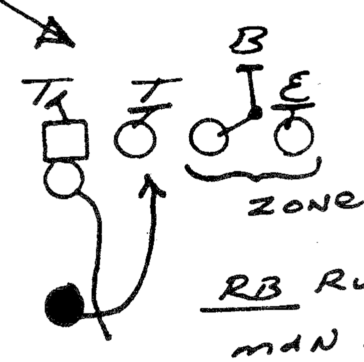
4. vs. 4-3, C + RG same tech. as RG + RT vs 3-4.



RG Aim for crotch
C same as RG (vs. 3-4)

5. "TAG" call vs. 3 tech. if DE in 8 or 9 tech. If DE in 7 tech. or taking inside charge, block as below:





RB Run off of RG's man block

(Byner was 6 yds. deep – more speed = deeper)

6. Aiming point for RB when on G covered ~~2 ins~~ 2 outs. hip of G.

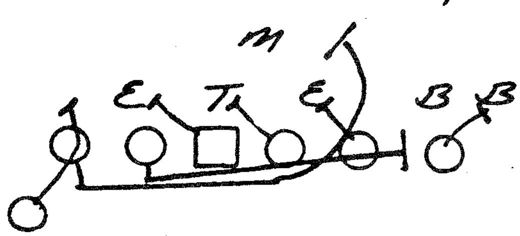
7. Zone = Almost all recognition (P.S. not calls.

C) "60 outside"

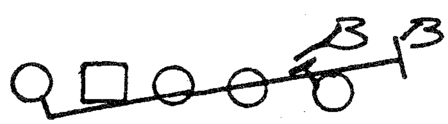
1. Line splits = 2-3-3
2. "Gang" would be P.S.L. (ex: ft. of 4 tech; 6 tech; etc.)
? 3. Line's footwork same as "40 Gut".

D) "60 Counter Gap"

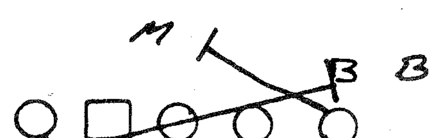
1. Line splits = 2-2-2
2. was best play vs. Bear's "46":



or,



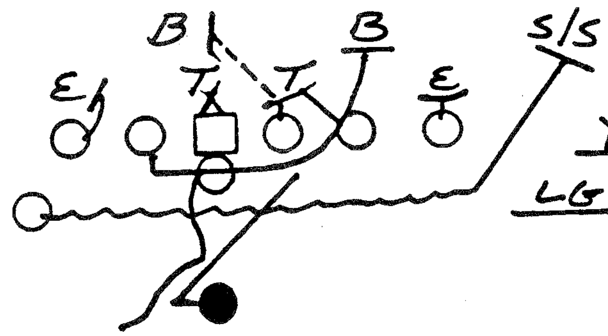
TE gap step + stay on B if he is on your ins. shld.; if not come in on mike + let LG get B.



– G takes 1st man outs. Y's block

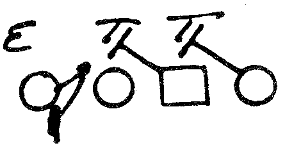
E) "Power-Oh"

1. Old "Power-Oh" = H on OLB vs. 3-4.
?H could bluff or load from Trips
2. Good as shown below:



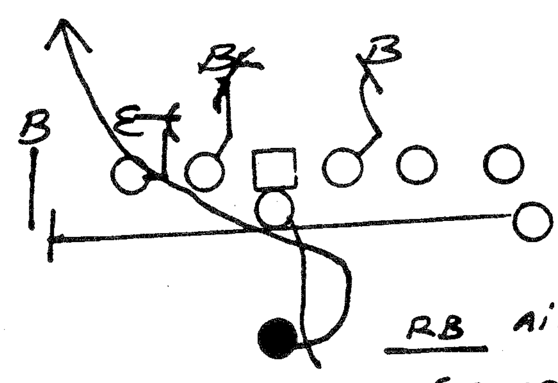
Y = get stalemate
LG = take daylight if DE gets ins., take him.

RB = goes around only if Y takes DE down.



F) "wheel" (put in, in 90 or 91)

1.

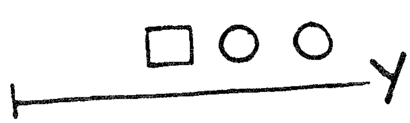


LT = gap step, wor up, wall off

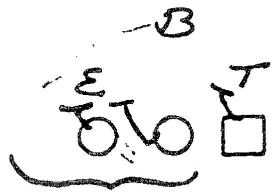
cheat in (trap or log)

RB aim for G (show some roll before cut)

2. Also from this:

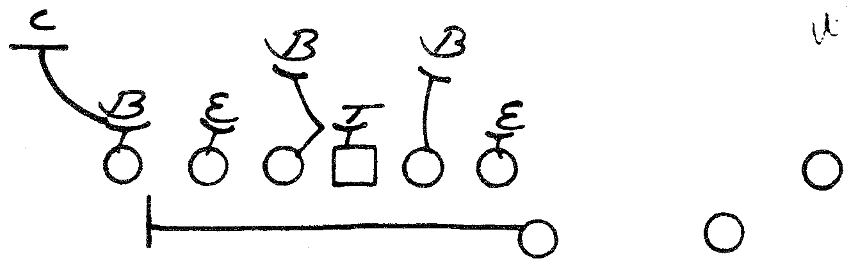


3.



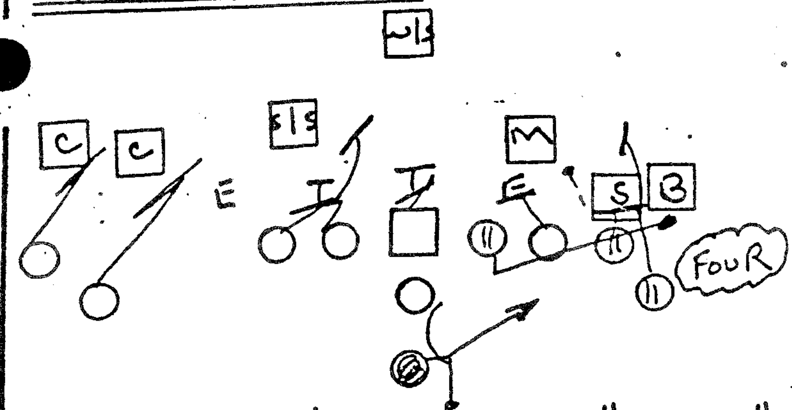
ZONE playside IF they slow play it (OR vs E coming to B gap + ILB scrape)

4. Good to TE side – he CAN set OLB up:



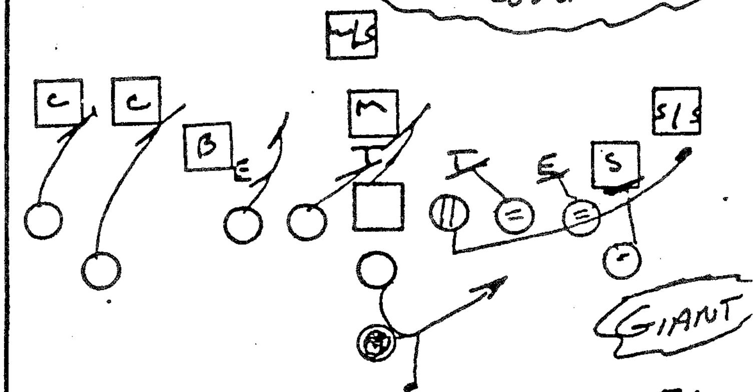
RUN FORMATIONS & RUN BLOCKING VS. BEARS (TWINS) (8)

*80/90 GIANT



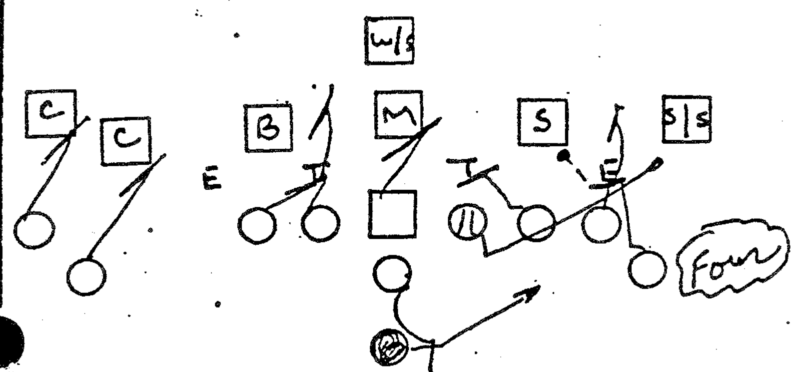
80/90 GIANT

NOTE: "GIANT" CALL WHEN GD/TACKLE COVERED



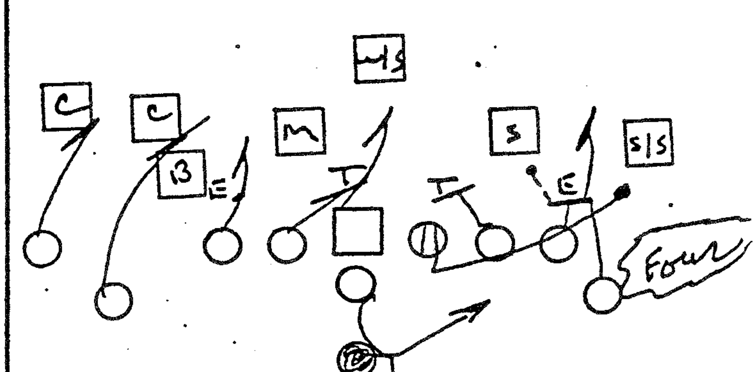
56

80/90 GIANT



BOW/COLT

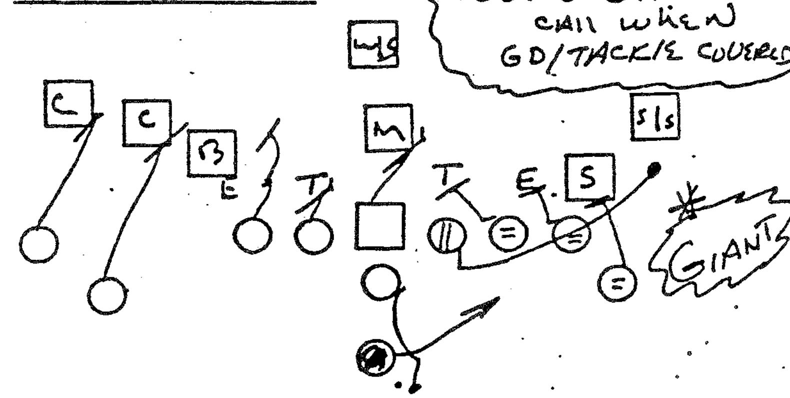
80/90 GIANT



57

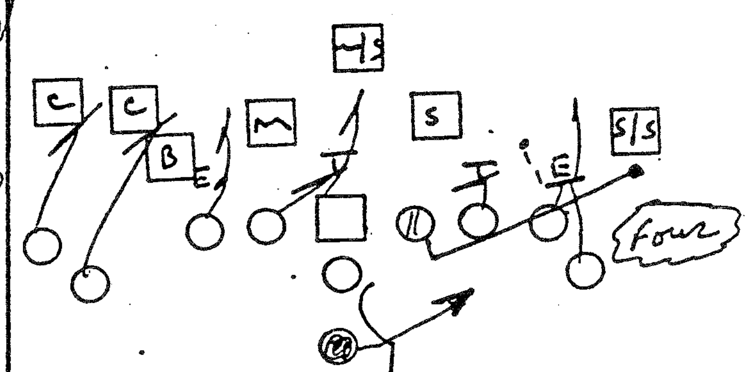
80/90 GIANT

NOTE: "GIANT" CALL WHEN GD/TACKLE COVERED



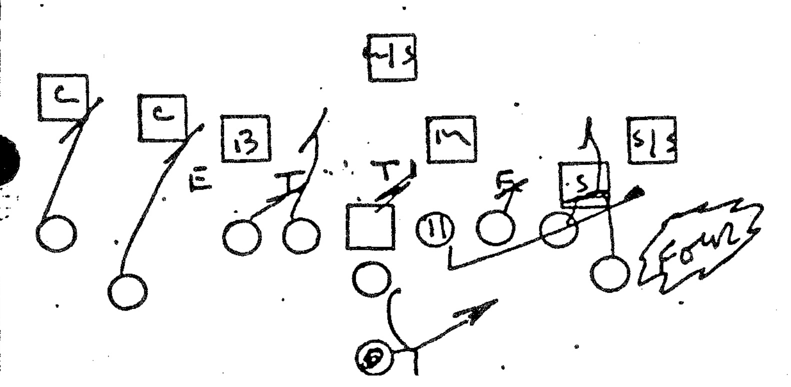
43

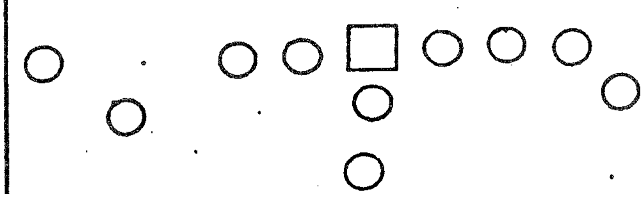
80/90 GIANT



53

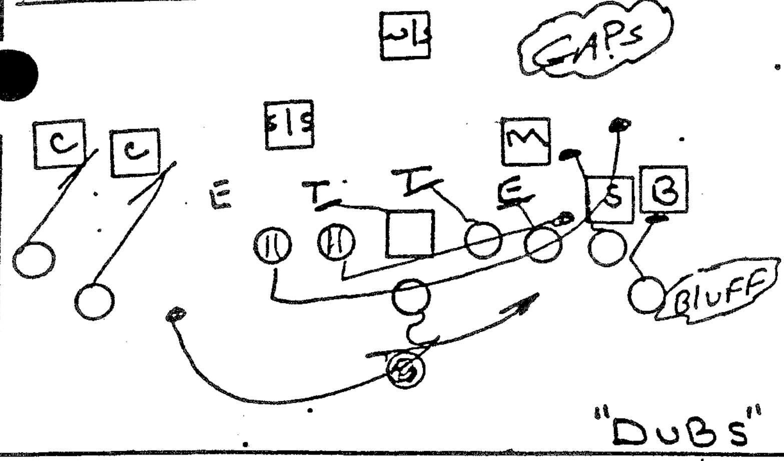
80/90 GIANT



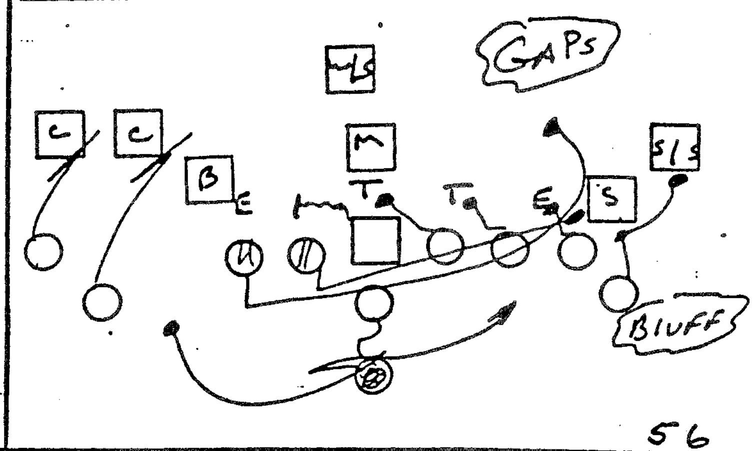


RUN FORMATIONS & RUN BLOCKING VS. BEARS (TWINS)

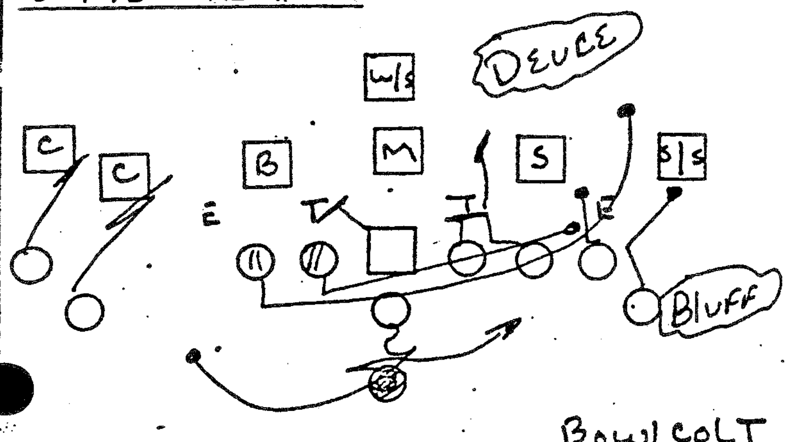
60/70 CTR TREY



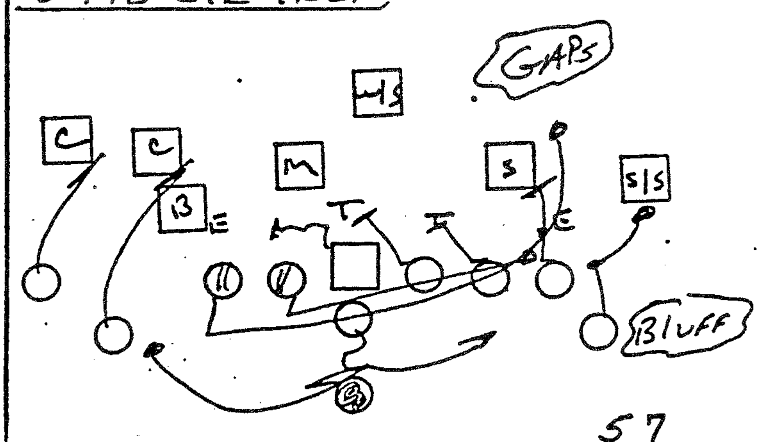
60/70 CTR TREY



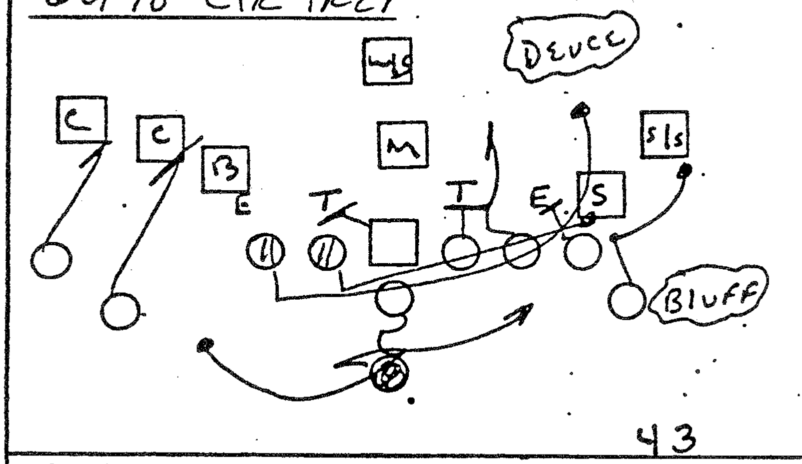
60/70 CTR TREY



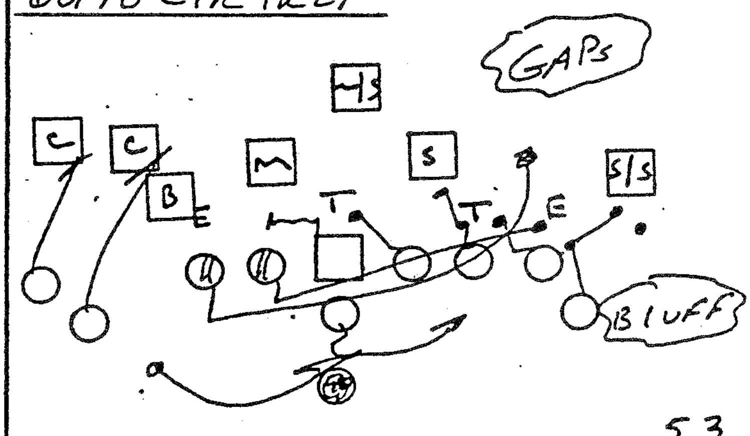
60/70 CTR TREY



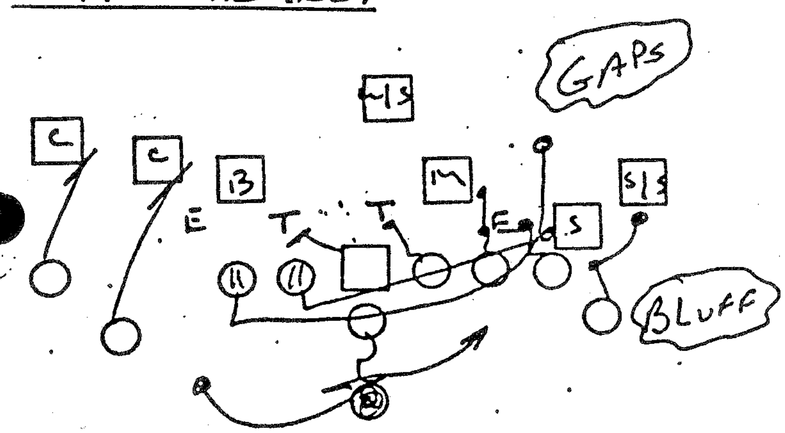
60/70 CTR TREY

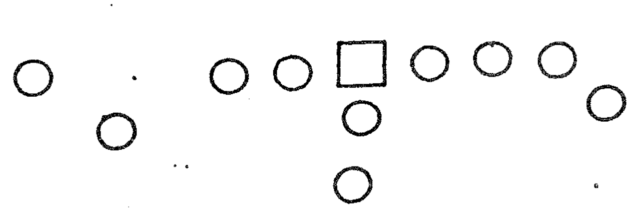


60/70 CTR TREY



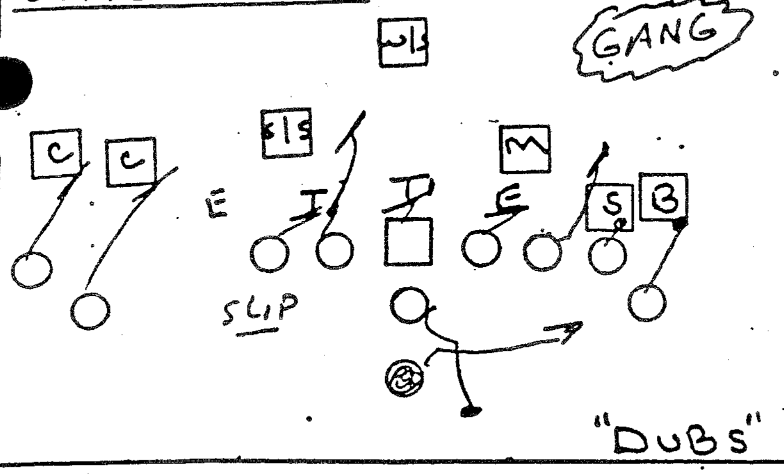
60/70 CTR TREY



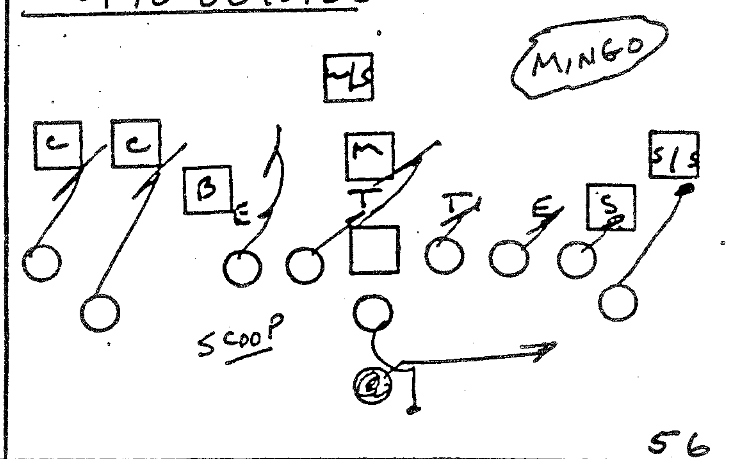


RUN FORMATIONS & RUN BLOCKING VS. BEARS (TWINS) (10)

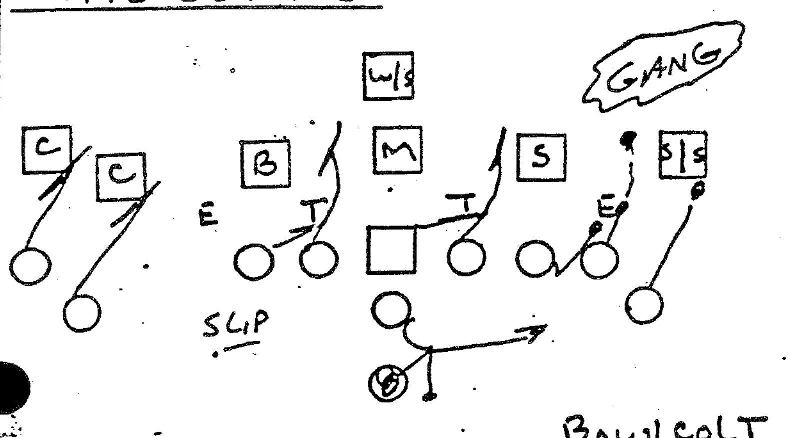
60/70 OUTSIDE



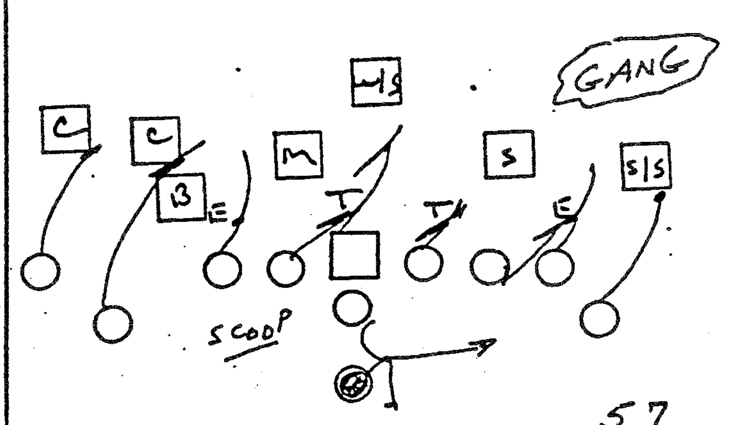
60/70 OUTSIDE



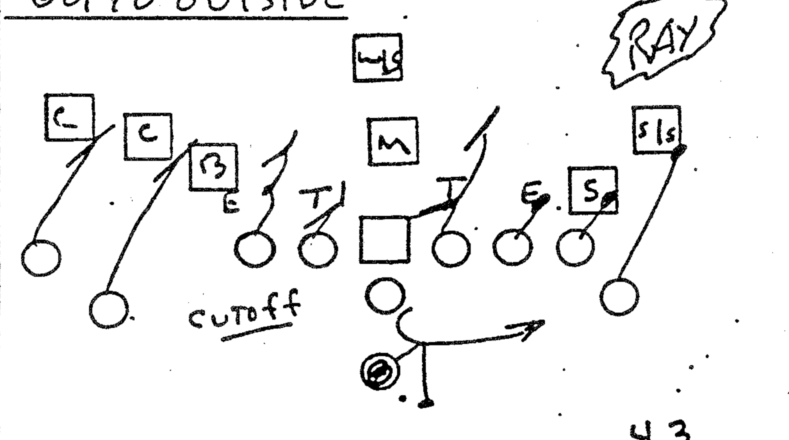
60/70 OUTSIDE



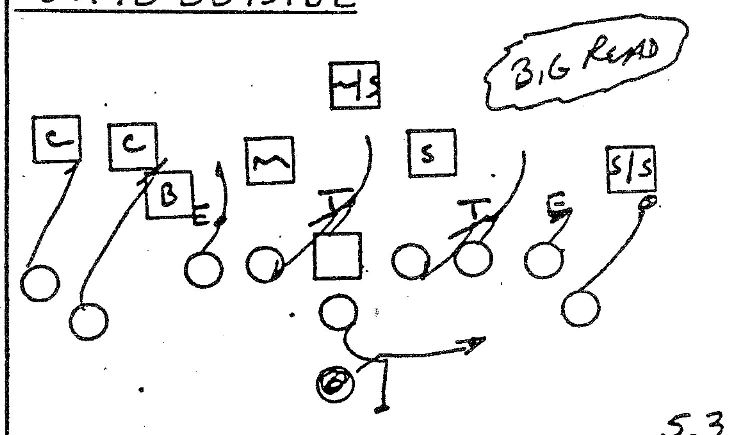
60/70 OUTSIDE



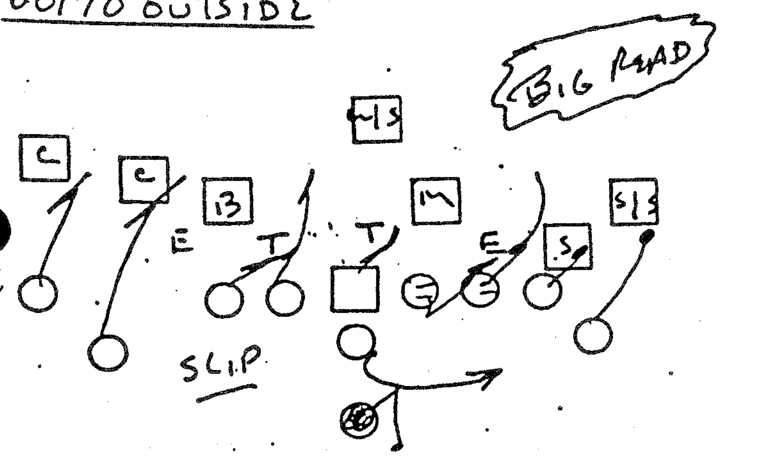
60/70 OUTSIDE

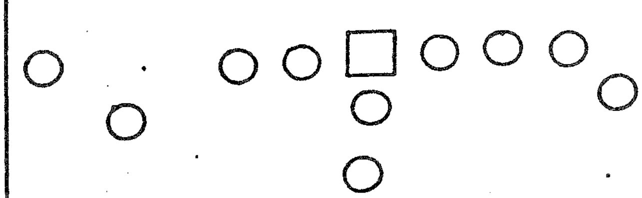


60/70 OUTSIDE



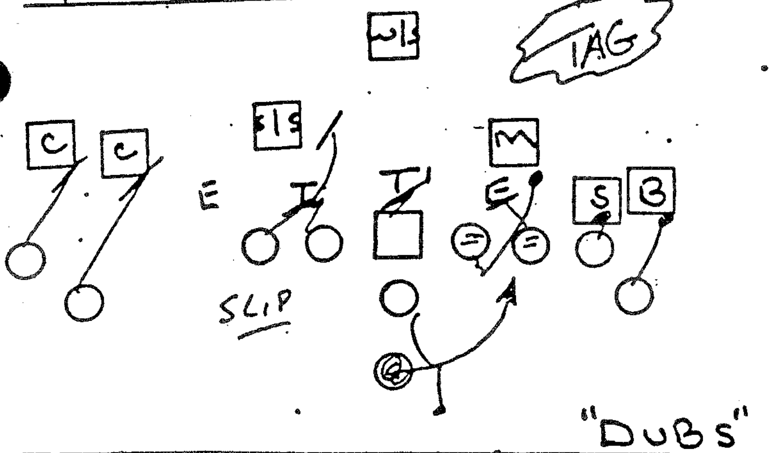
60/70 OUTSIDE





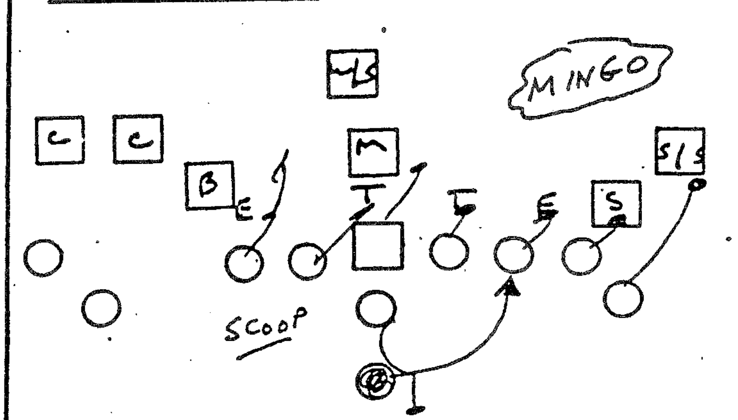
RUN FORMATIONS & RUN BLOCKING VS. BEARS (TWINS)

40/50 GUT



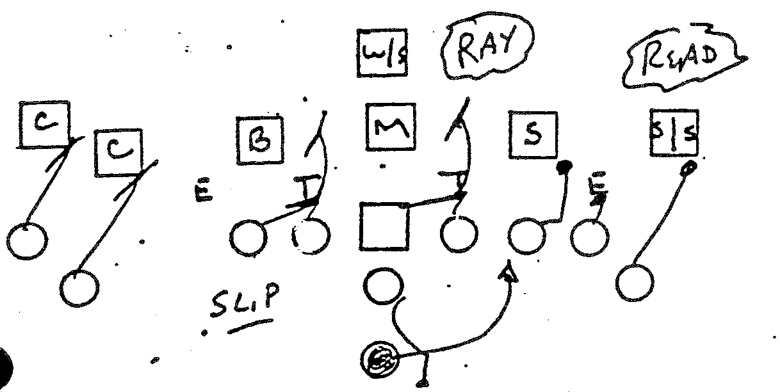
"DUBS"

40/50 GUT



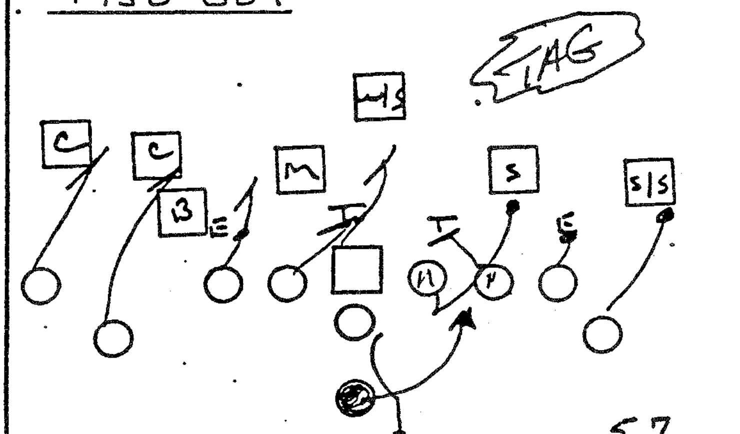
56

40/50 GUT



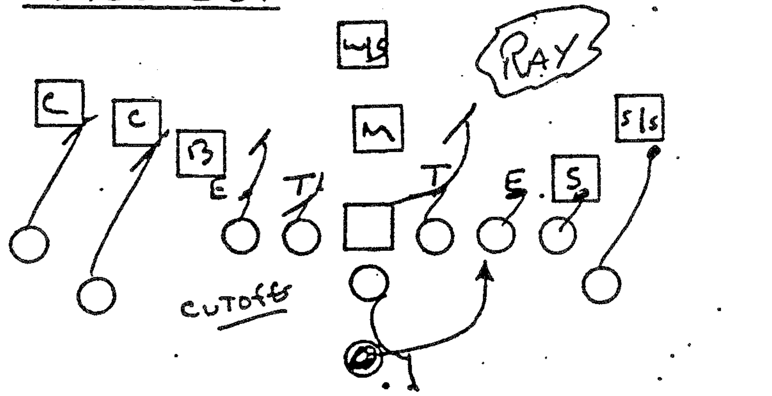
BOW|COLT

40/50 GUT



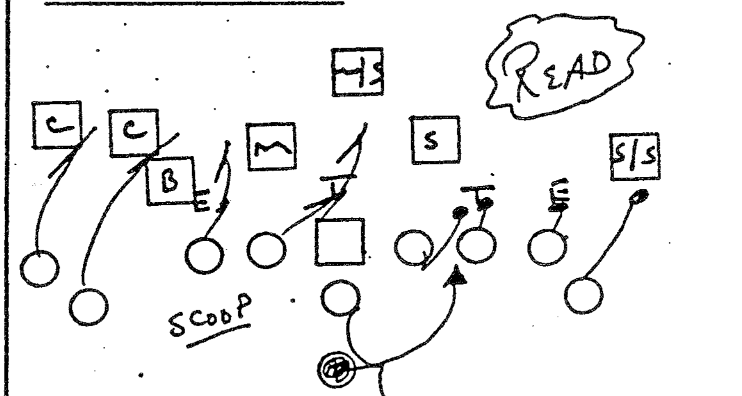
57

40/50 GUT



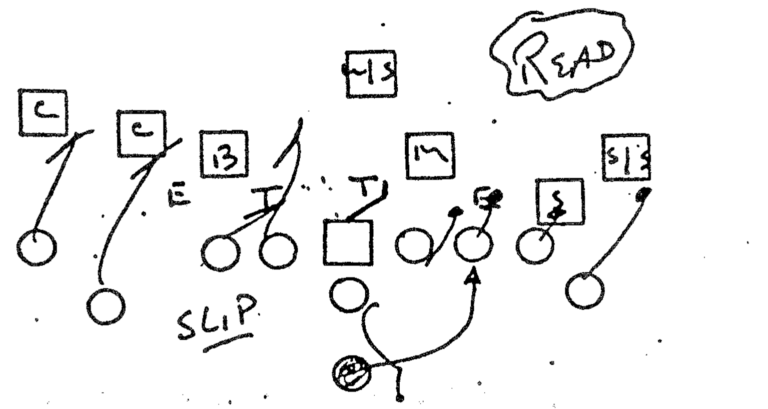
43

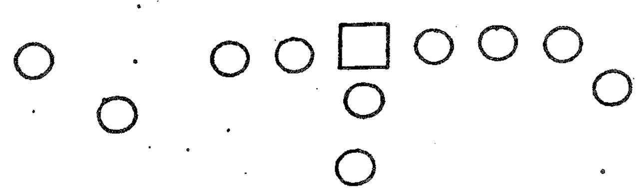
40/50 GUT



53

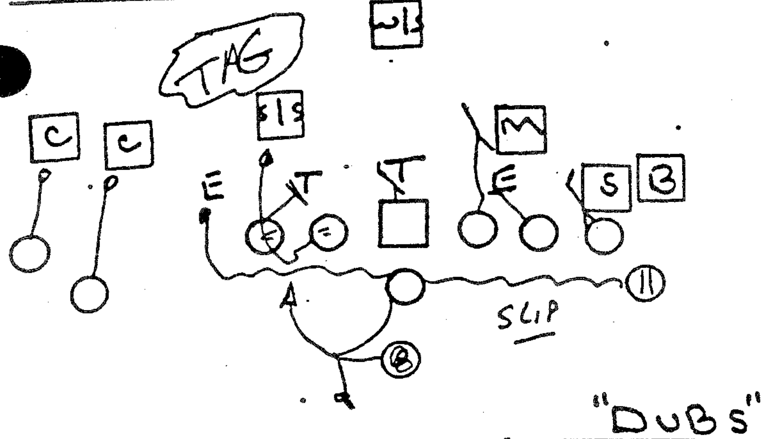
40/50 GUT



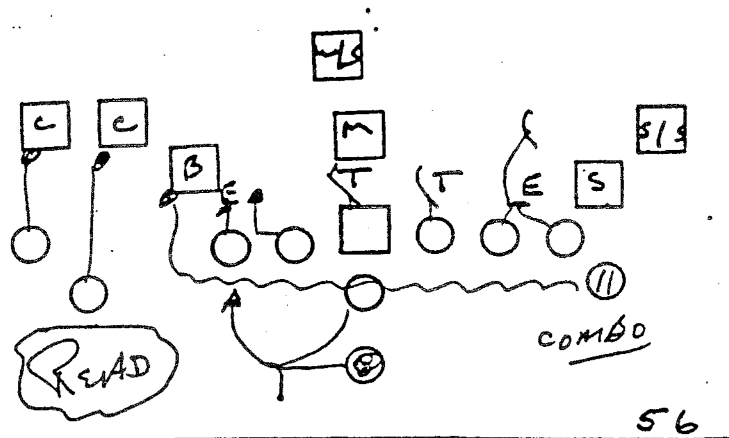


RUN FORMATIONS & RUN BLOCKING VS. BEARS (TWINS) (12)

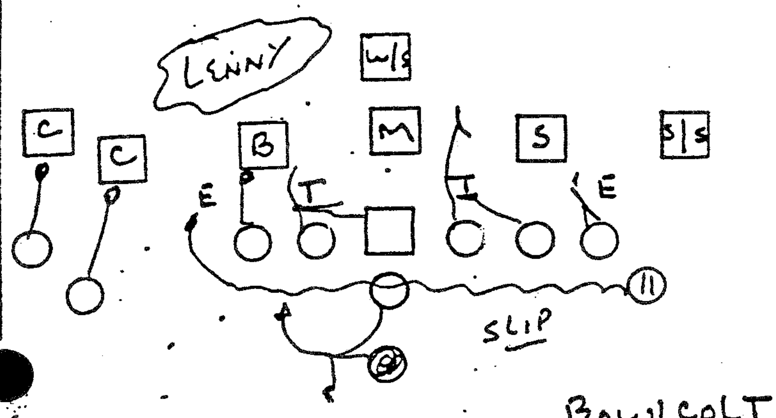
40/50 GUT (WHIZ-LEAP)



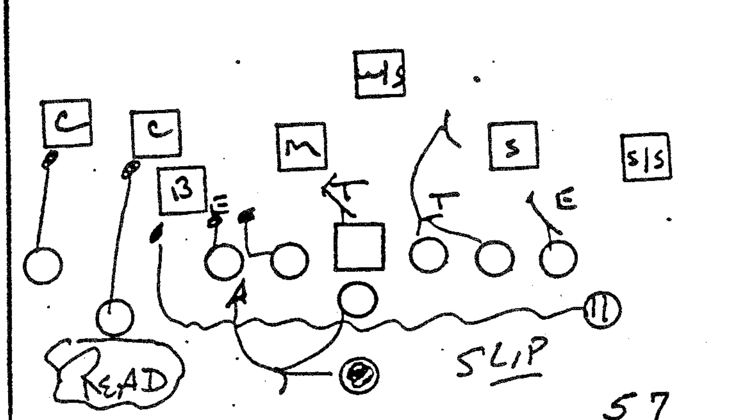
40/50 GUT (WHIZ-LEAP)



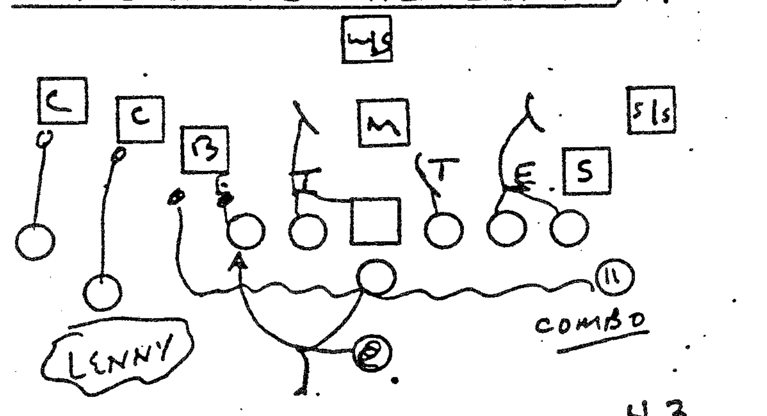
40/50 GUT (WHIZ-LEAP)



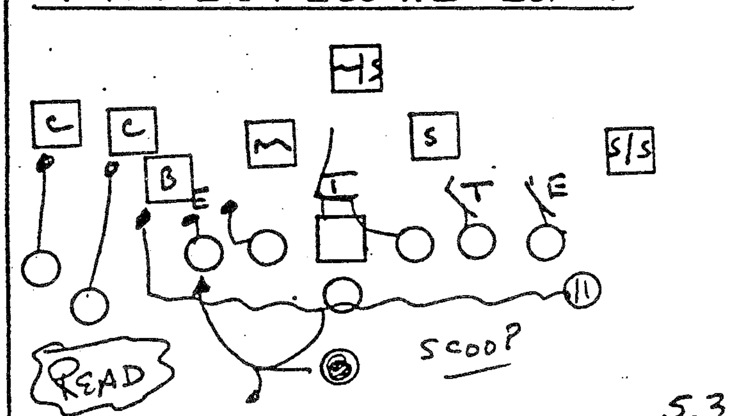
40/50 GUT (WHIZ-LEAP)



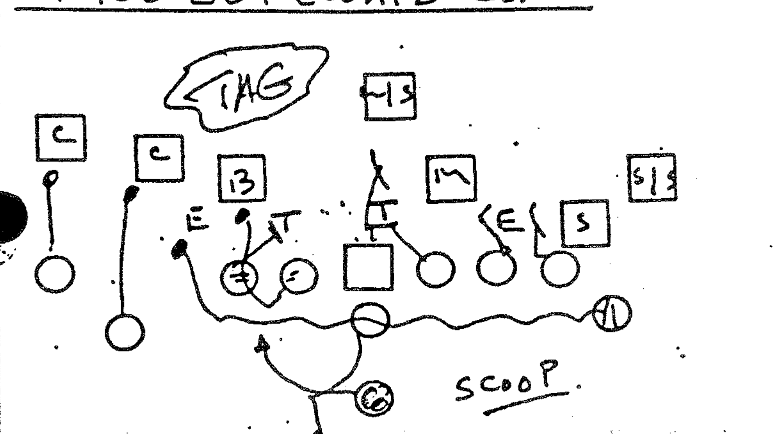
40/50 GUT (WHIZ-LEAP)

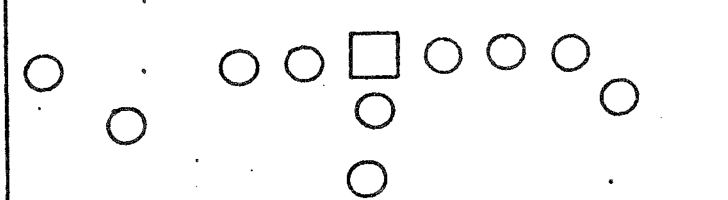


40/50 GUT (WHIZ-LEAP)

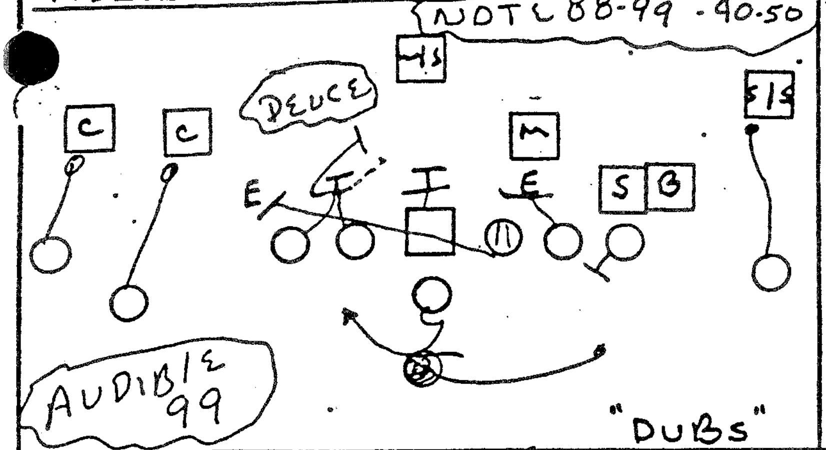


40/50 GUT (WHIZ-LEAP)

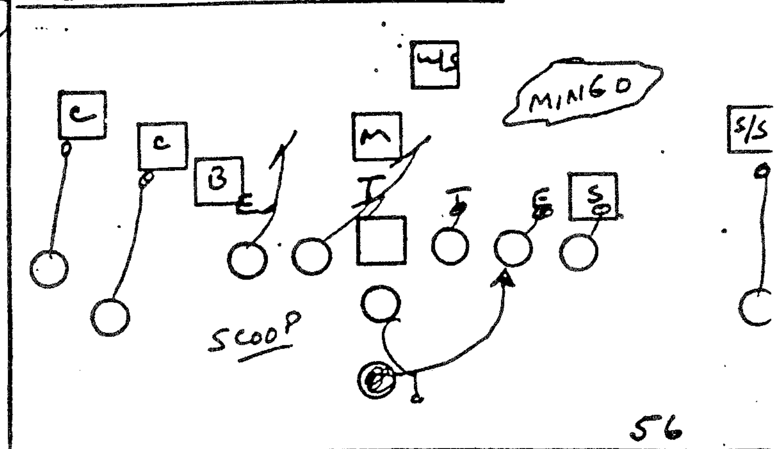




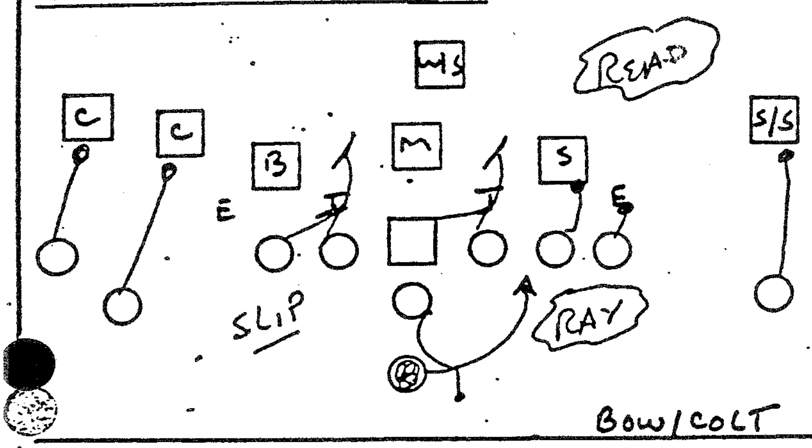
AUDIBLE 40/50 GUT



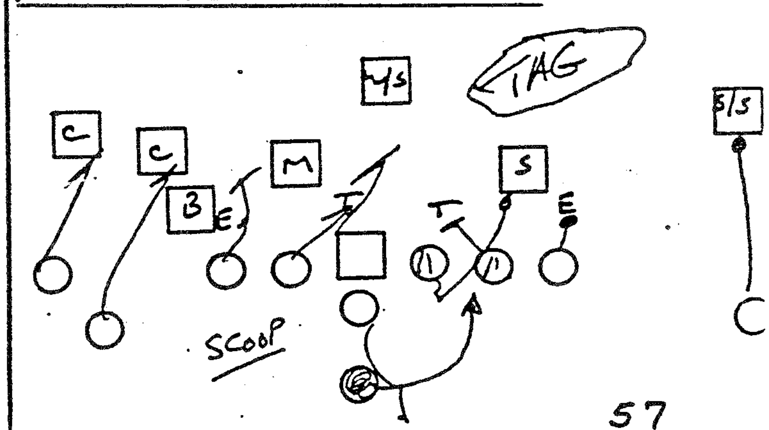
AUDIBLE 40/50 GUT



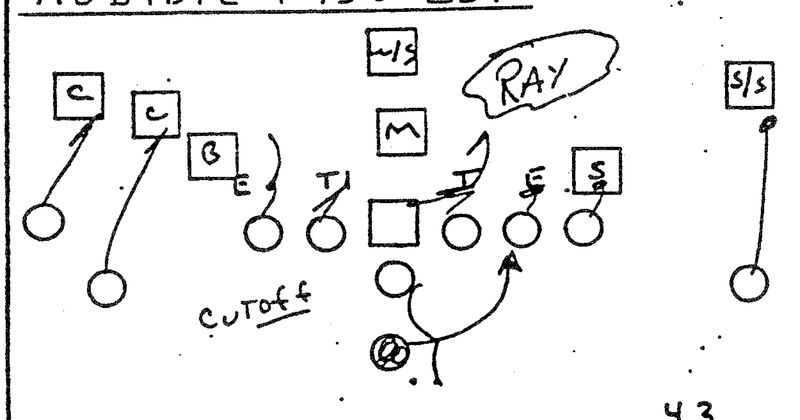
AUDIBLE 40/50 GUT



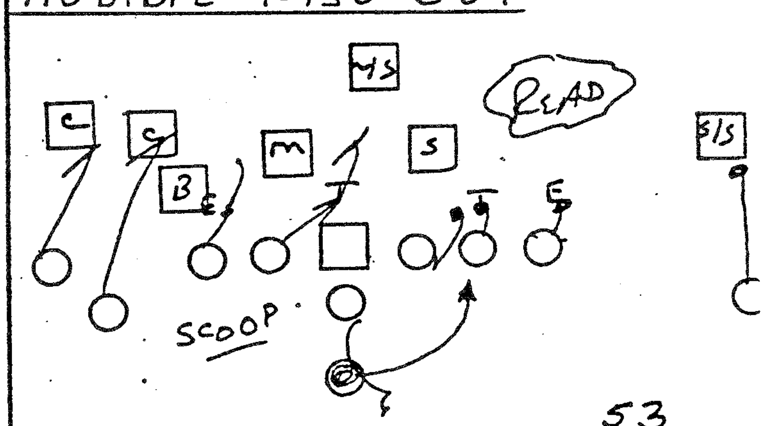
AUDIBLE 40/50 GUT



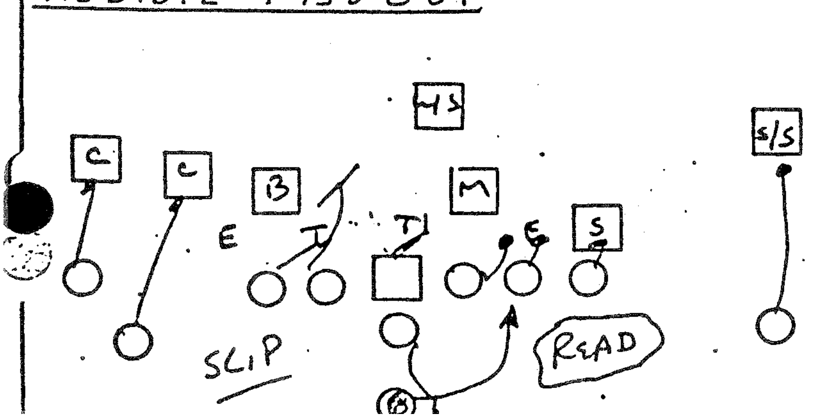
AUDIBLE 40/50 GUT

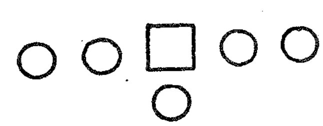


AUDIBLE 40/50 GUT



AUDIBLE 40/50 GUT

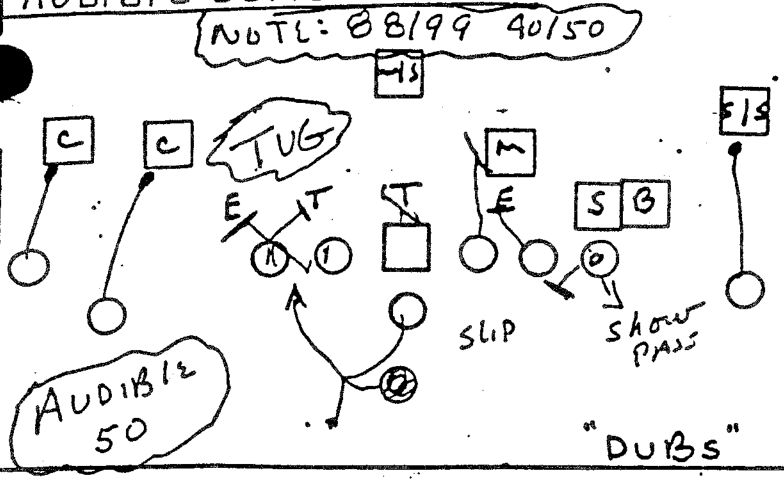




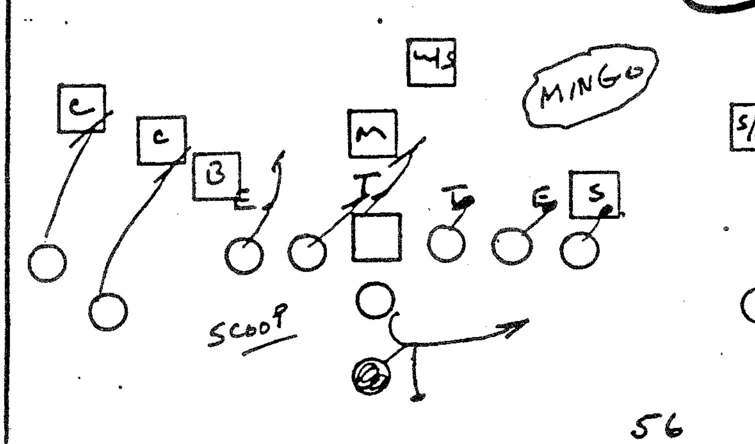
RUN FORMATIONS & RUN BLOCKING VS. BEARS (WALK) AUDIBLE

(14)

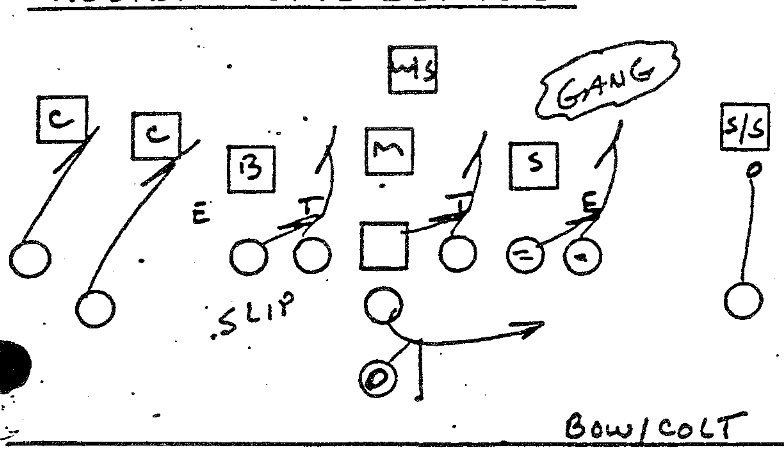
AUDIBLE 60/70 OUTSIDE



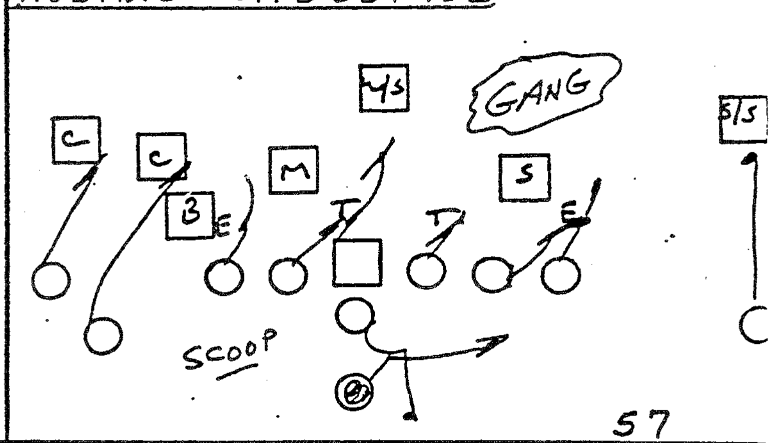
AUDIBLE 60/70 OUTSIDE



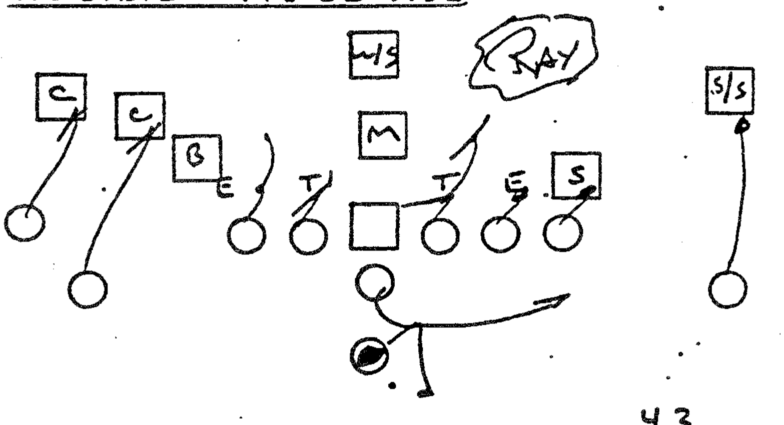
AUDIBLE 60/70 OUTSIDE



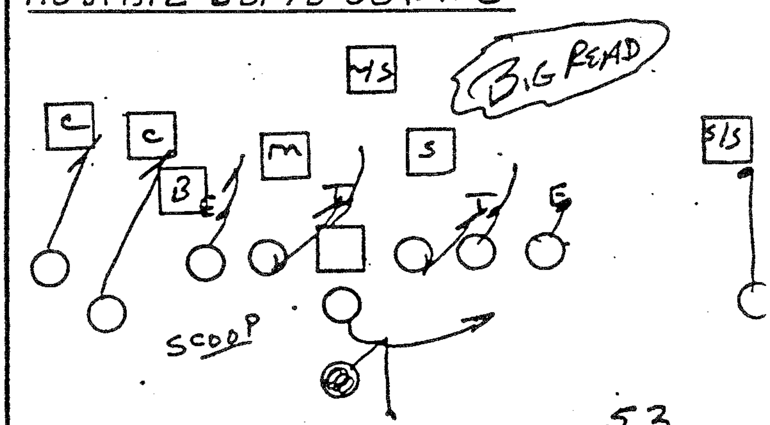
AUDIBLE 60/70 OUTSIDE



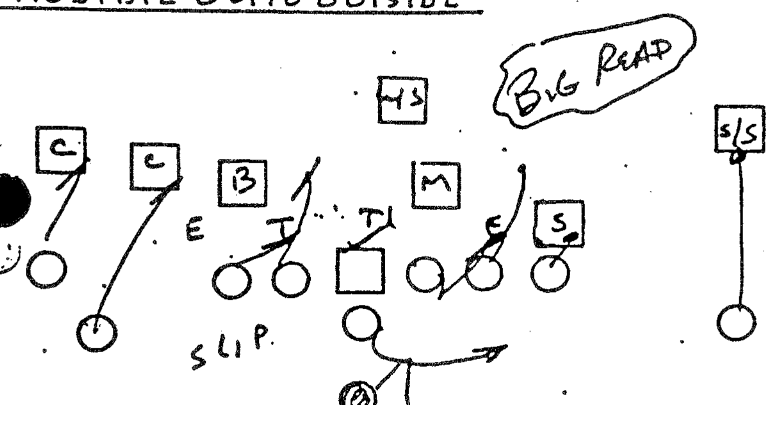
AUDIBLE 60/70 OUTSIDE

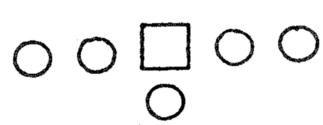


AUDIBLE 60/70 OUTSIDE



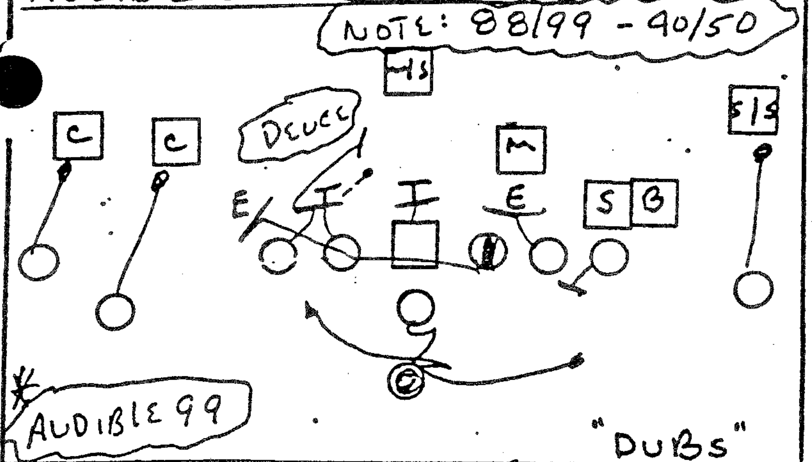
AUDIBLE 60/70 OUTSIDE



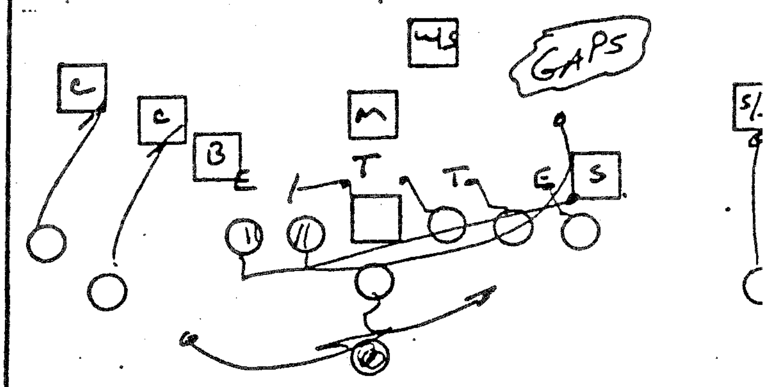


RUN FORMATIONS & RUN BLOCKING VS. BEARS (WALK) AUDIBLES

AUDIBLE 60/70 CTR TREY

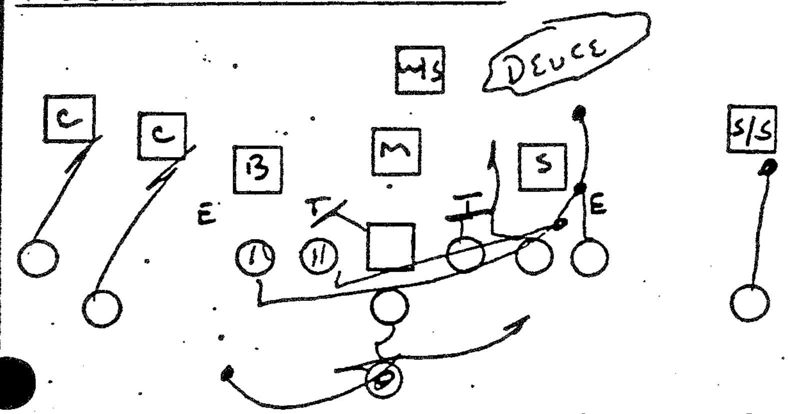


AUDIBLE 60/70 CTR TREY



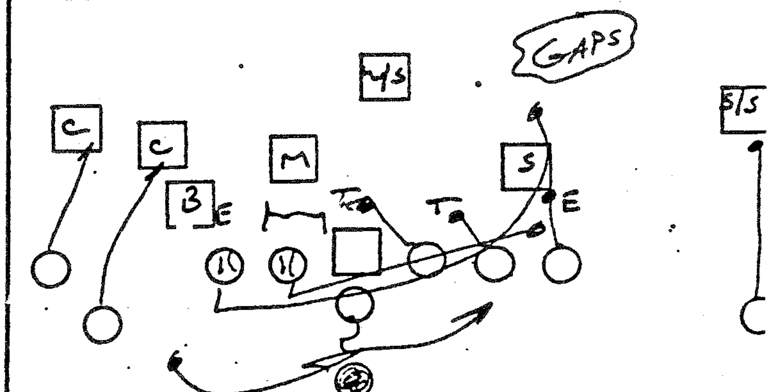
56

AUDIBLE 60/70 CTR TREY



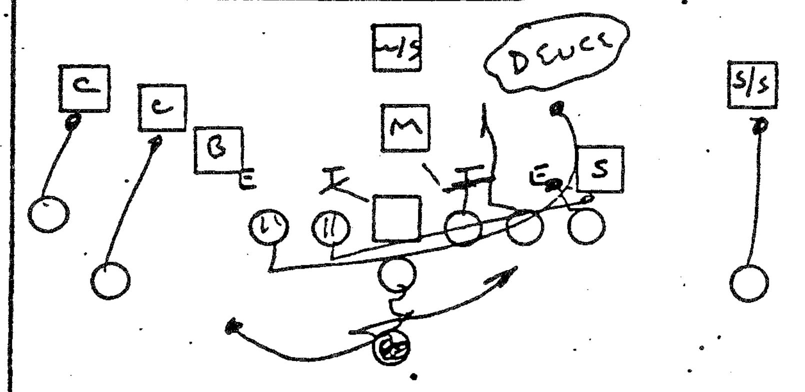
BOW/COLT

AUDIBLE 60/70 CTR TREY



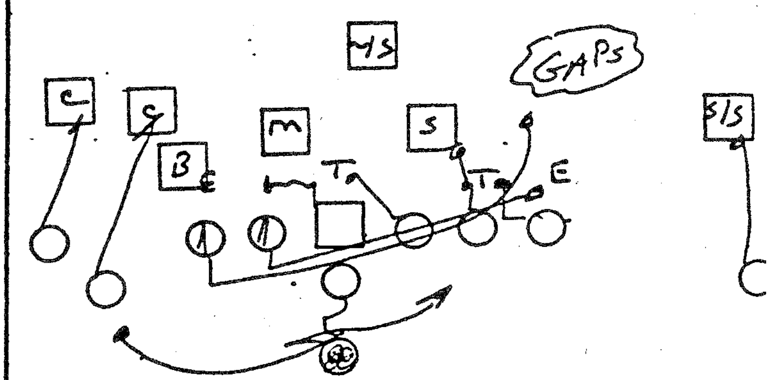
57

AUDIBLE 60/70 CTR TREY



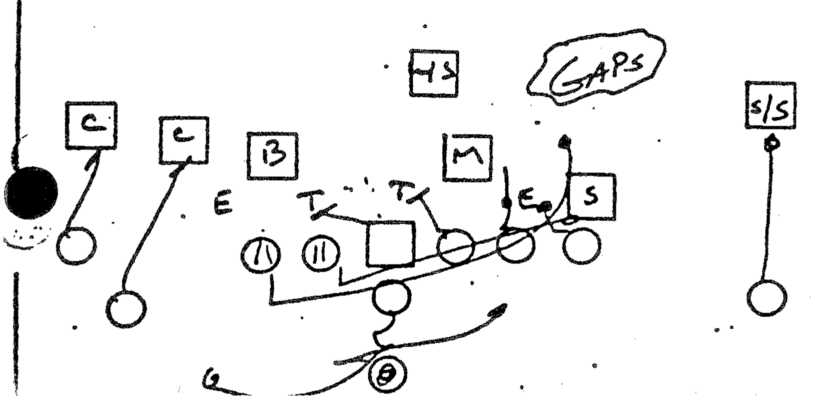
43

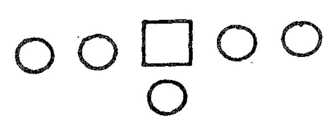
AUDIBLE 60/70 CTR TREY



53

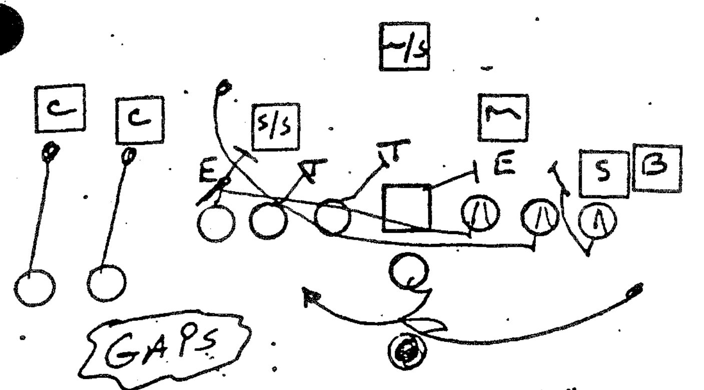
AUDIBLE 60/70 CTR TREY





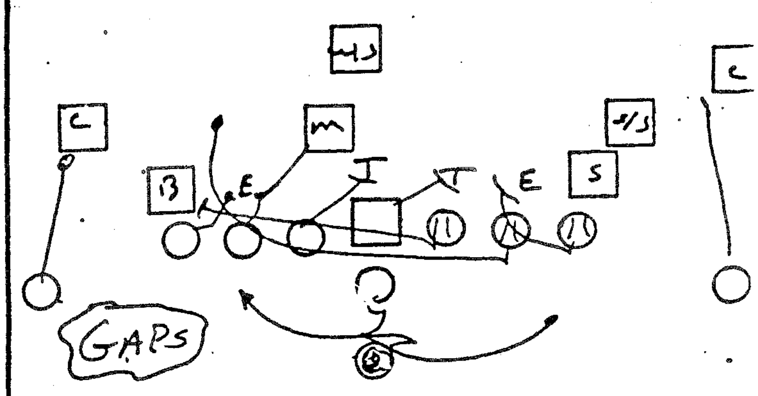
RUN FORMATIONS & RUN BLOCKING VS. BEARS (P&P UNIT OVER)

60/70 CTR TREY



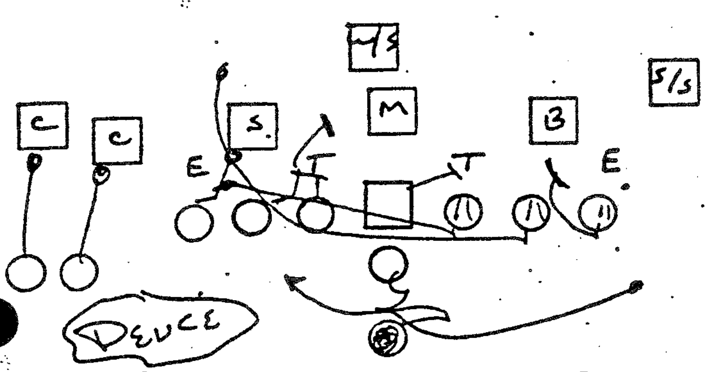
"DUBS"

60/70 CTR TREY



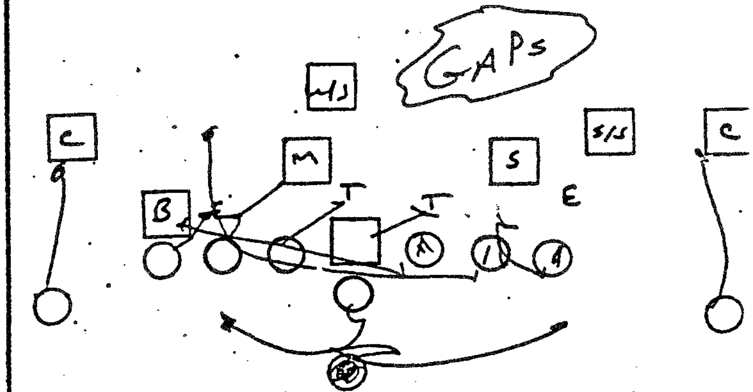
56

60/70 CTR TREY



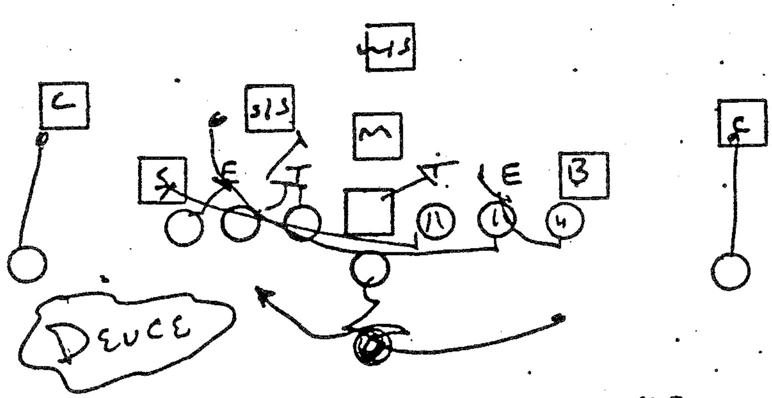
BOW/COLT

60/70 CTR TREY



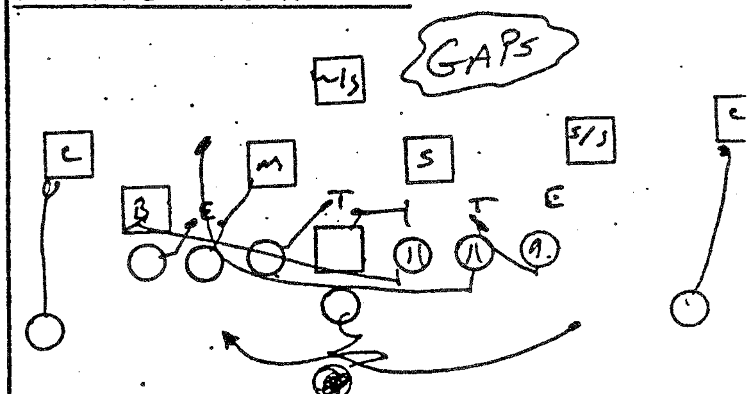
57

60/70 CTR TREY



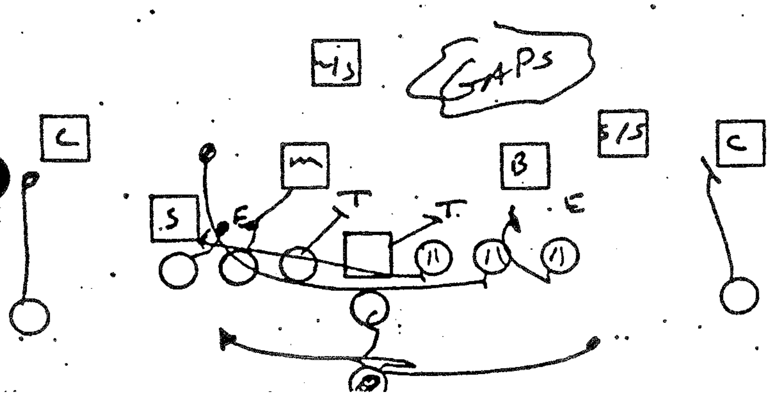
43

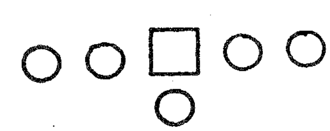
60/70 CTR TREY



53

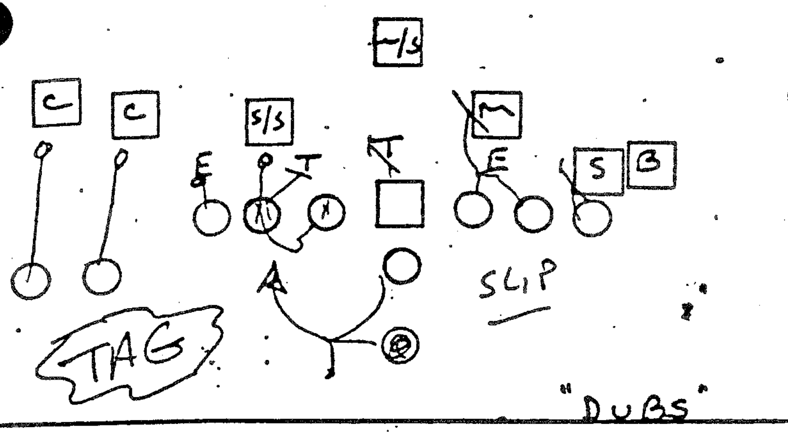
60/70 CTR TREY



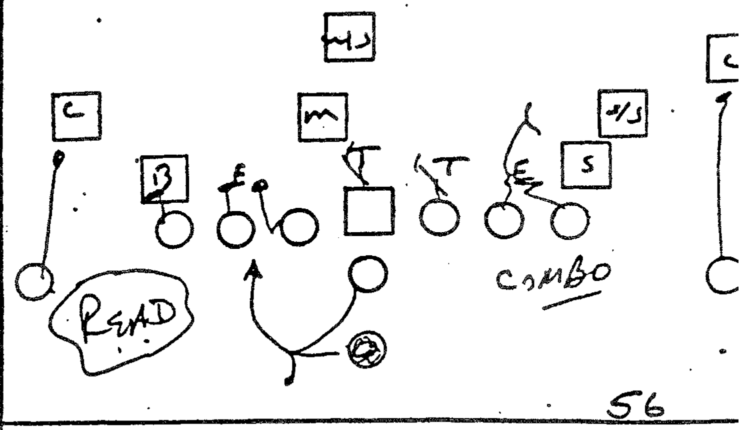


RUN FORMATIONS & RUN BLOCKING vs. BEARS (PoP UNIT 6UER)

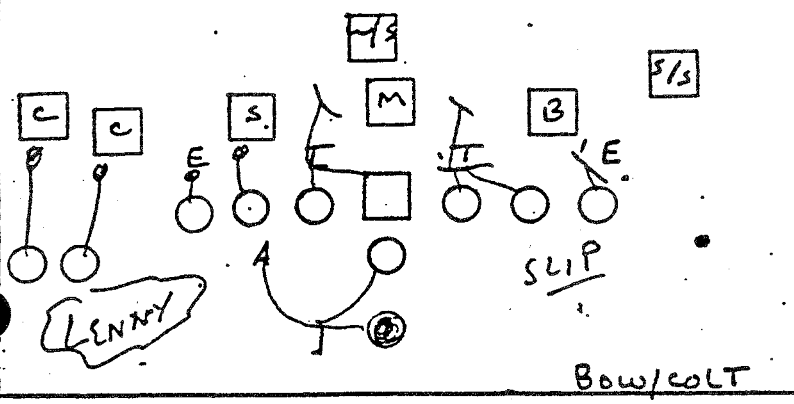
40/50 GUT



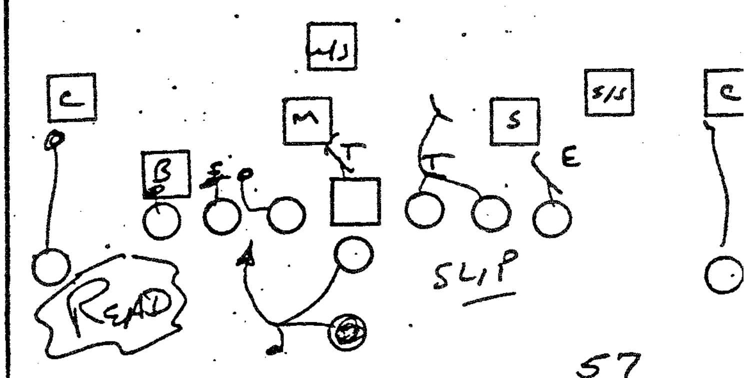
40/50 GUT



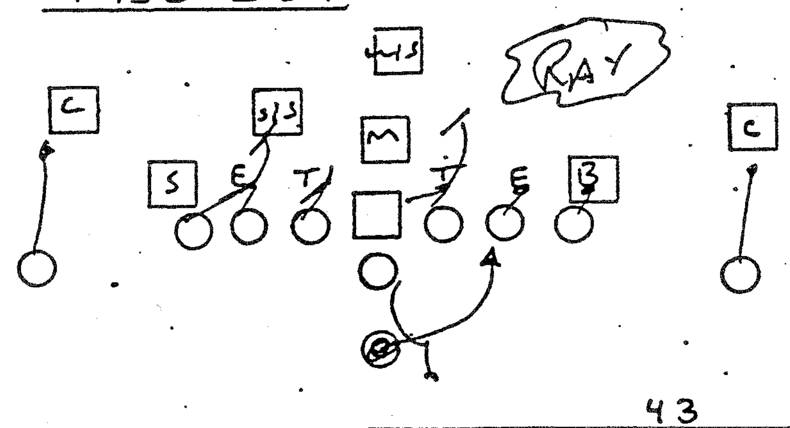
40/50 GUT



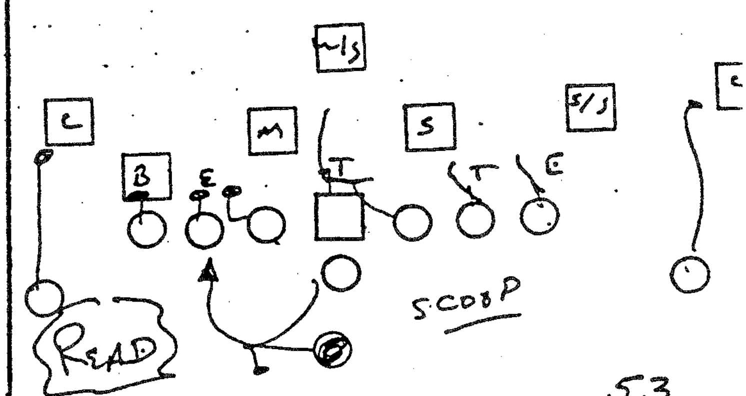
40/50 GUT



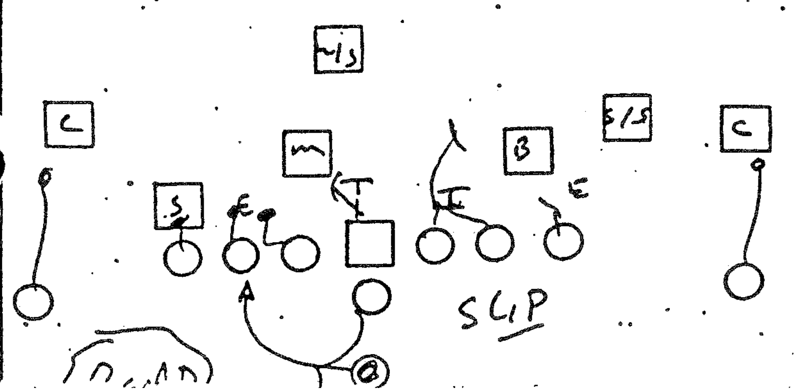
40/50 GUT

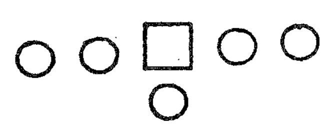


40/50 GUT



40/50 GUT

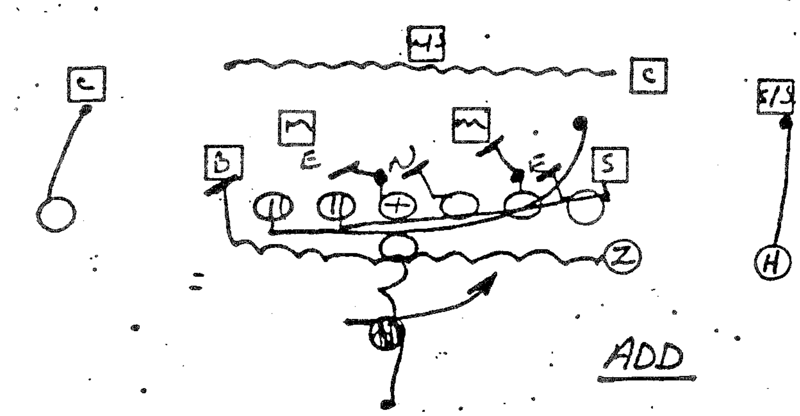




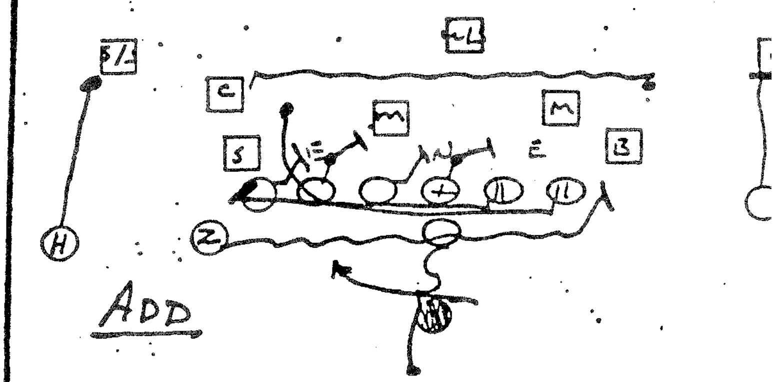
RUN BLOCKING VS PACKERS

SWITCH - STEM TRIPS (WHIZ - LONG WHIZ)

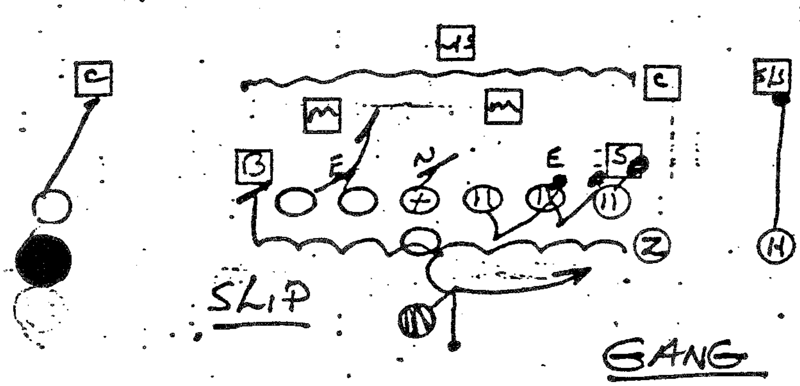
ST TRIPS RT WHIZ 60 CTR. TREY (ADD)



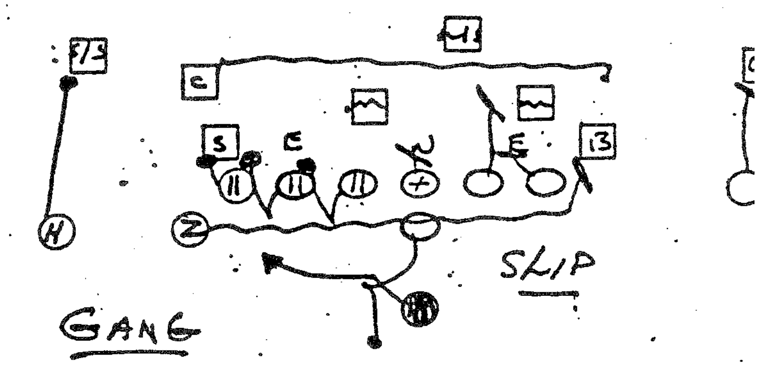
SW ST TRIPS LT WHIZ 70 CTR TREY (ADD)



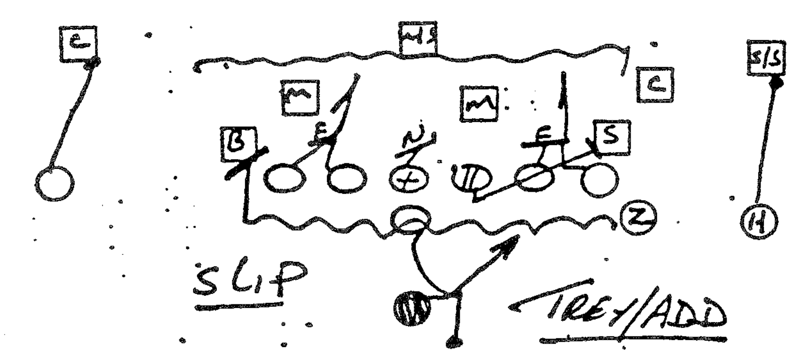
SW ST TRIPS RT WHIZ 60 OUTSIDE



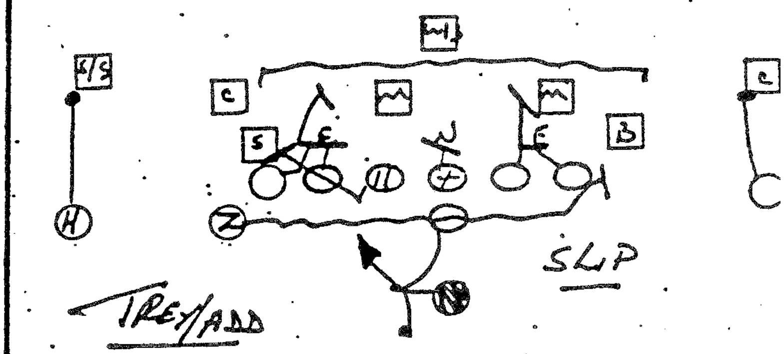
SW ST TRIPS LT WHIZ 70 OUTSIDE



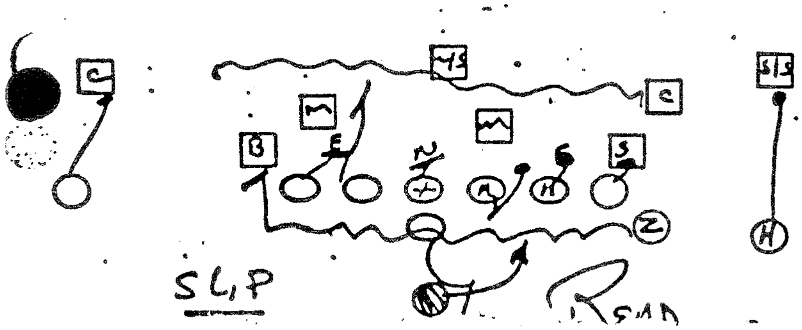
SW ST TRIPS RT WHIZ 40 GIANT



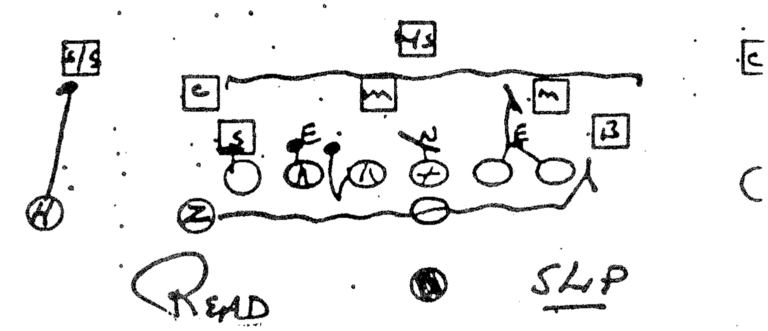
SW ST TRIPS LT WHIZ 50 GIANT



SW ST TRIPS RT WHIZ 40 GUT



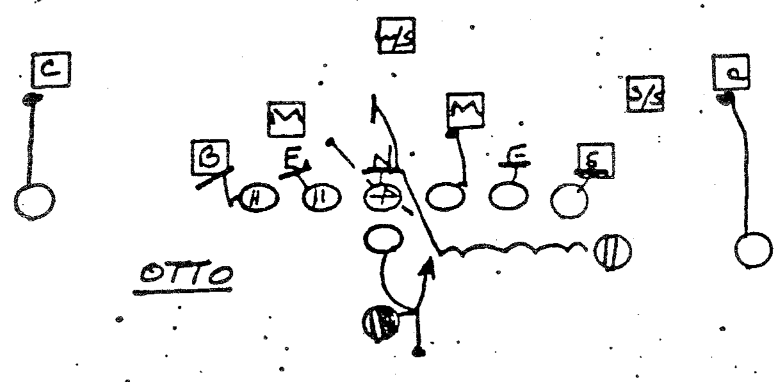
SW ST TRIPS LT WHIZ 50 GUT



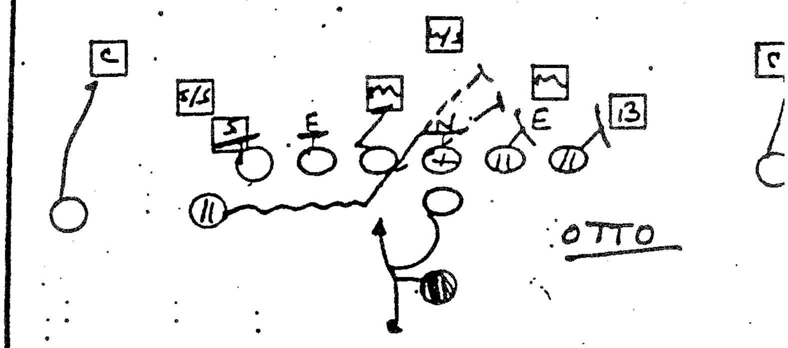
RUN BLOCKING VS. GOBO PACKERS

STEM TRIPS (WHIZ - L. WHIZ - BANG - FA. WHIZ - MOT. OUT)

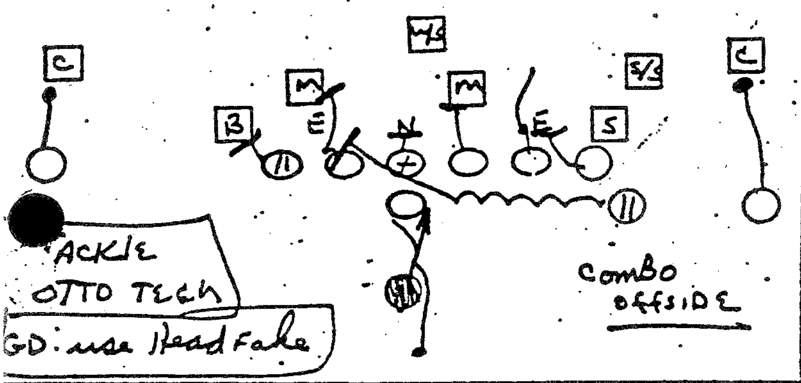
ST. TRIPS RT BANG 40 LEAD NOSE



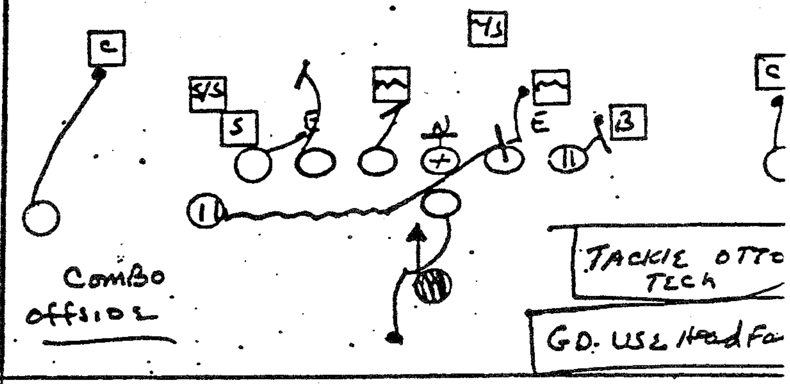
ST. TRIPS LT. BANG 50 LEAD NOSE



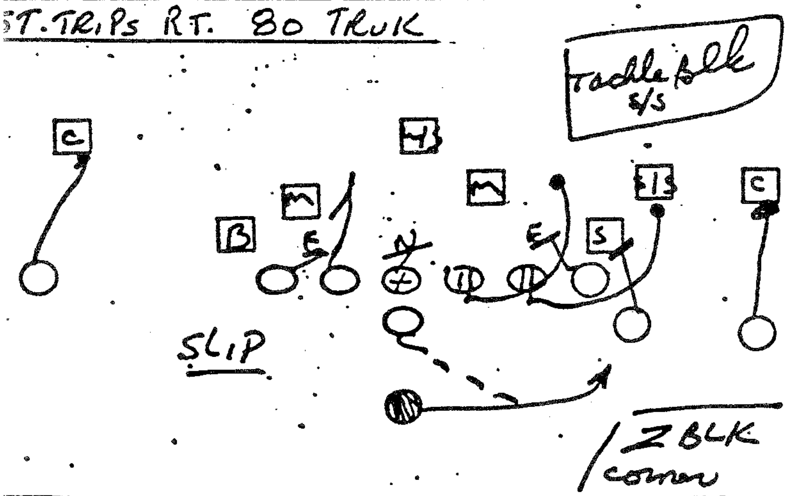
ST. TRIPS RT. BANG 30 TRAP



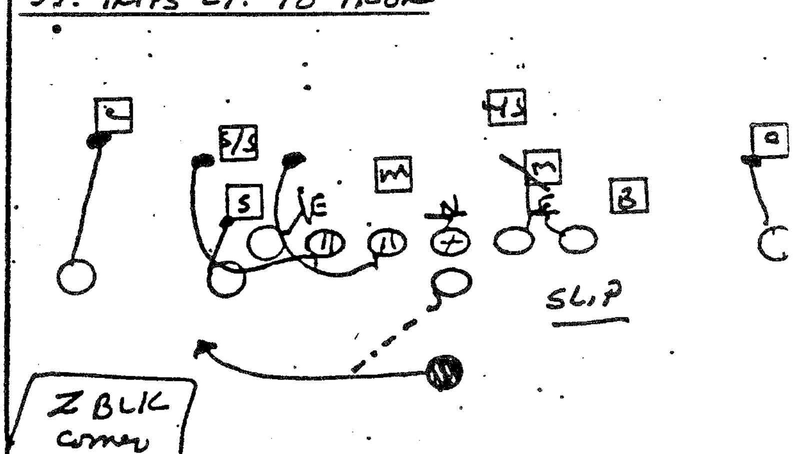
ST. TRIPS LT BANG 20 TRAP



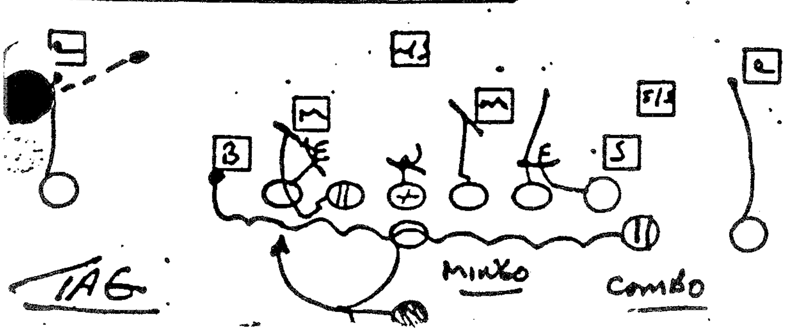
ST. TRIPS RT. 80 TRUK



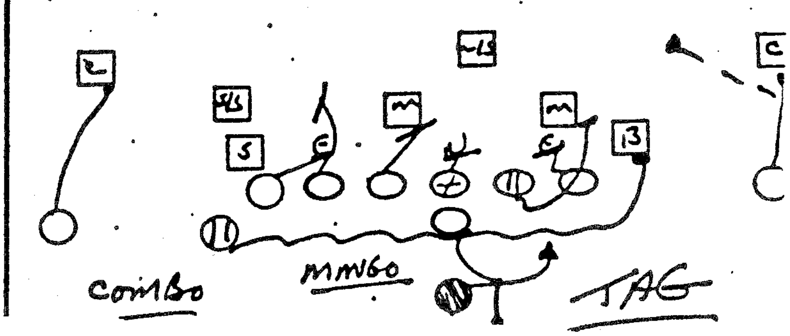
ST. TRIPS LT. 90 TRUK



ST. TRIPS RT WHIZ 50 GUT

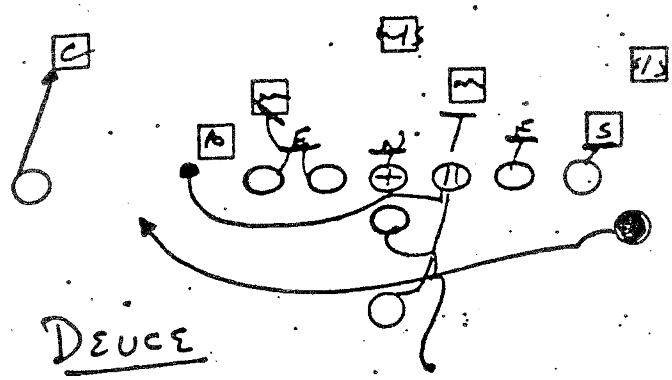


ST. TRIPS LT WHIZ 40 GUT

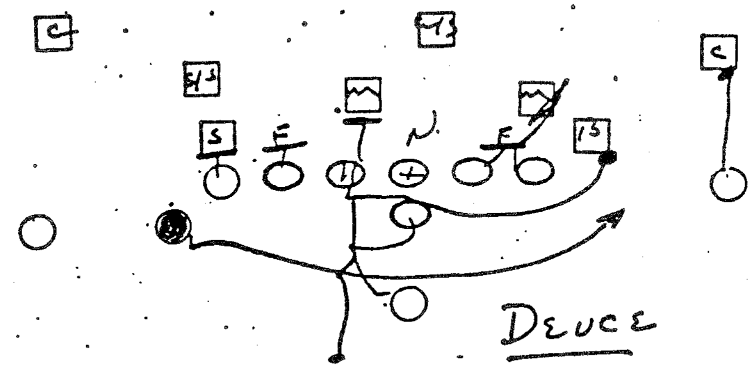


RUN BLOCKING VS. PACKERS
STEM TRIPS

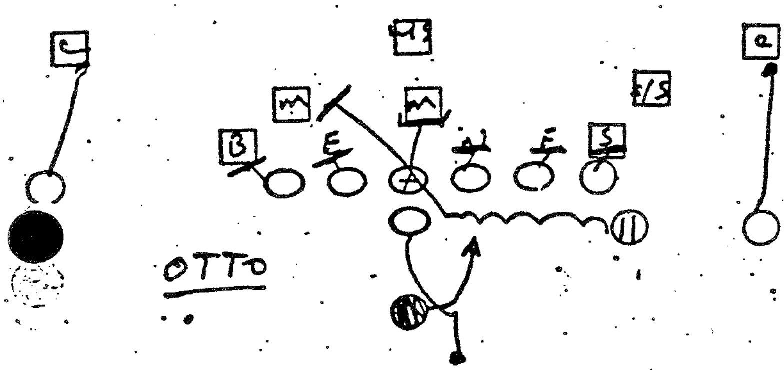
TRIPS RT H AROUND LT



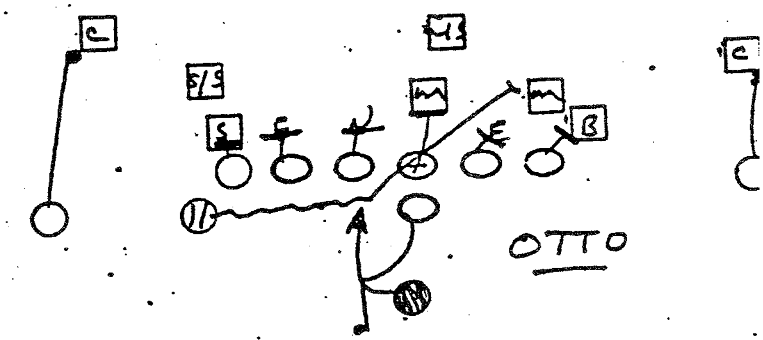
ST TRIPS LT H AROUND RT



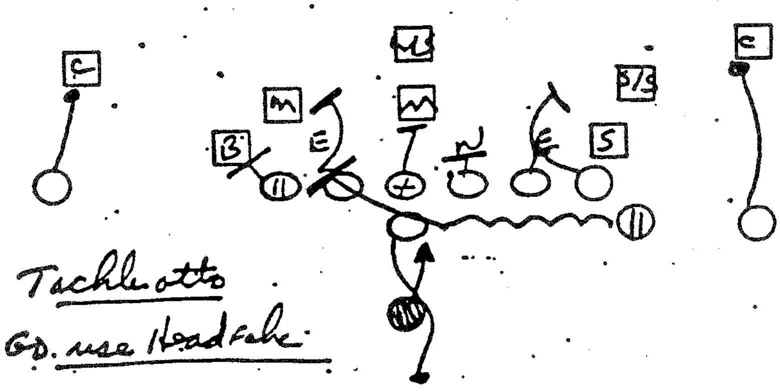
ST. TRIPS RT BANG 40 LEAD NOSE
* VS. 34 OVER



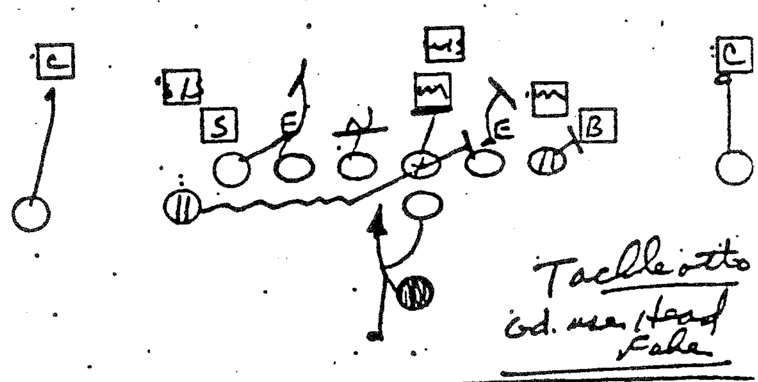
ST. TRIPS LT BANG 50 LEAD NOSE
* VS. 34 OVER



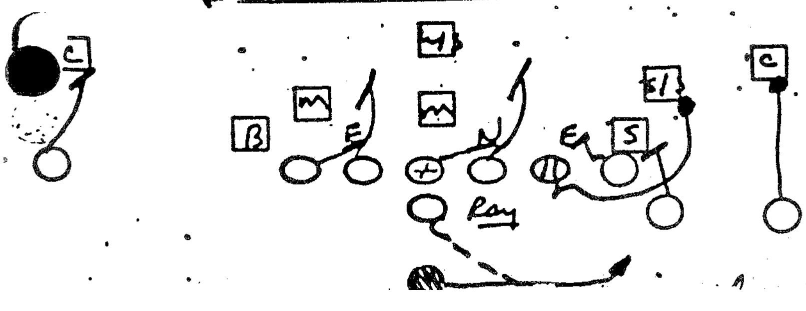
ST TRIPS RT BANG 30 TRAP
* VS 34 OVER



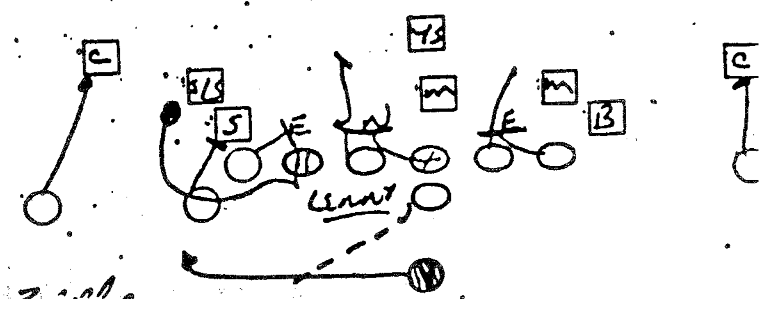
ST TRIPS LT BANG 20 TRAP
* VS. 34 OVER



ST TRIPS RT 80 TRUK
* VS 34 OVER



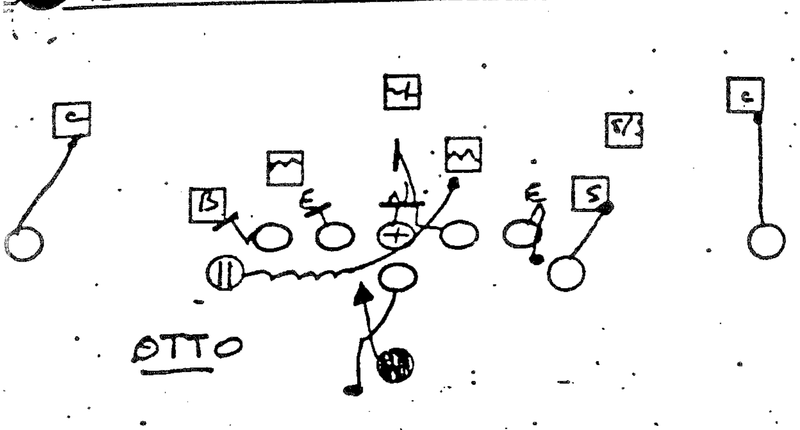
ST TRIPS LT 90 TRUK
* VS. 34 OVER



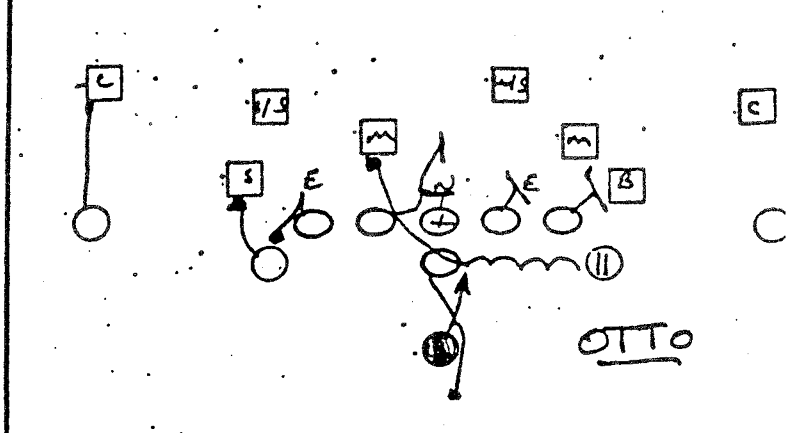
RUN BLKING VS. PACKERS

SPREAD STAY (HUMP) VS. 34 COLT DEFENSE

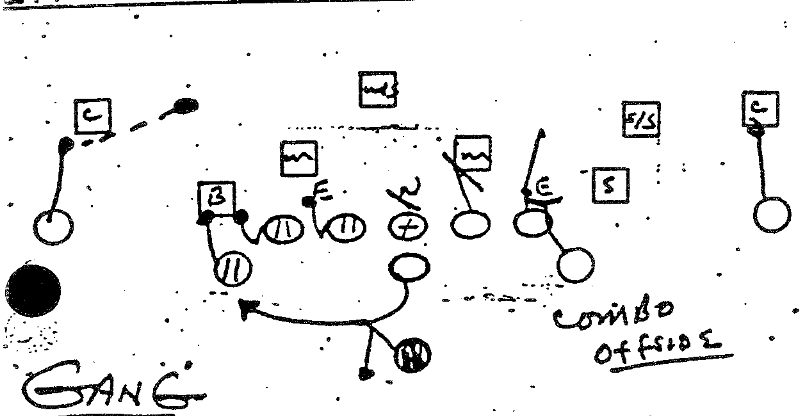
Rt STAY HUMP 20 GRAB



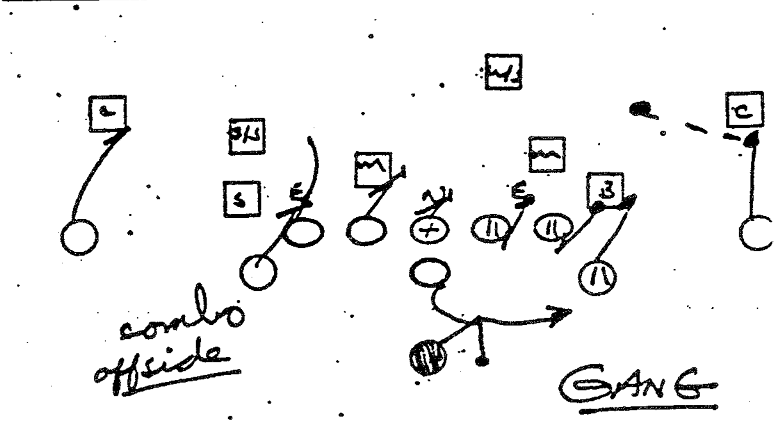
SPR LT STAY HUMP 30 GRAB



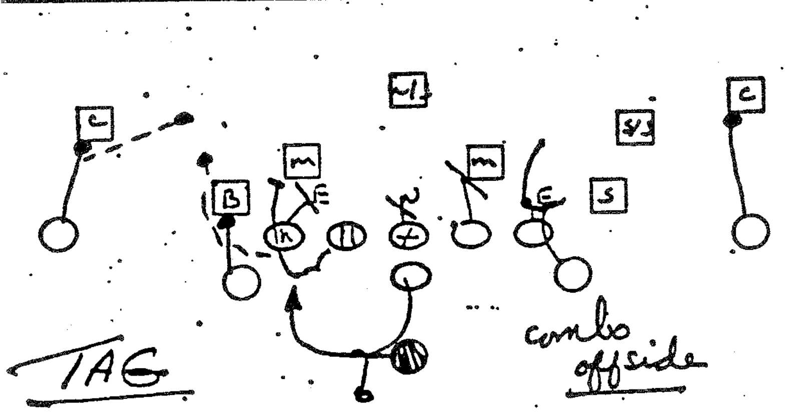
SPR Rt STAY 70 OUTSIDE



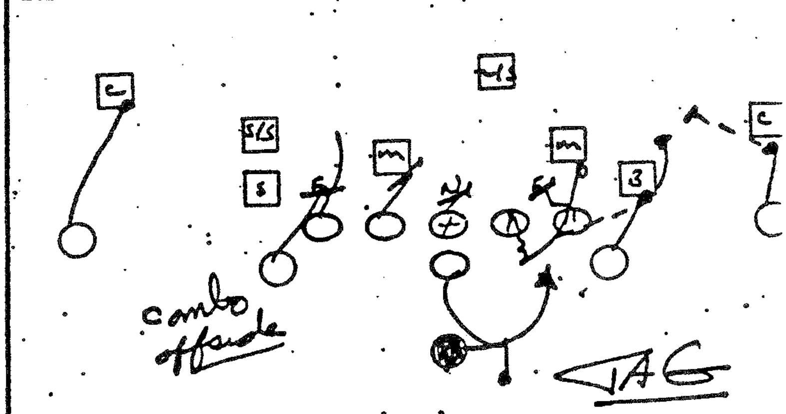
SPR LT STAY 60 OUTSIDE



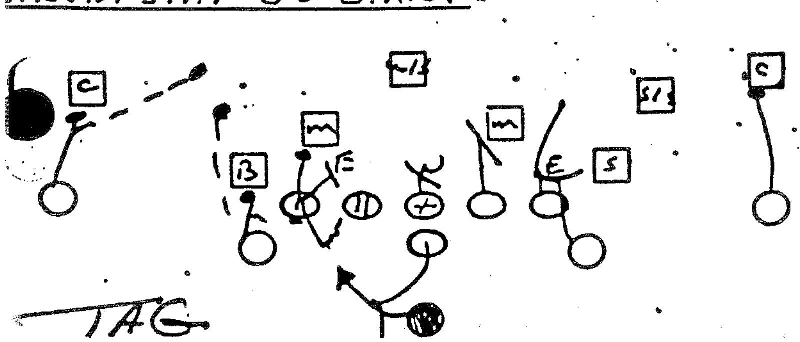
SPR Rt STAY 50 GUT



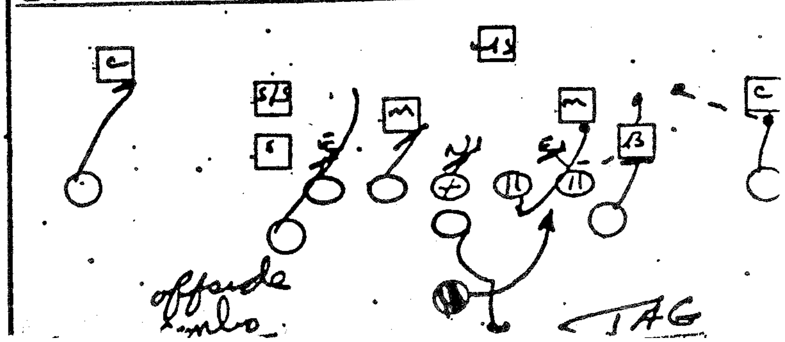
SPR. LT STAY 40 GUT



SPR. Rt STAY 50 GIANT

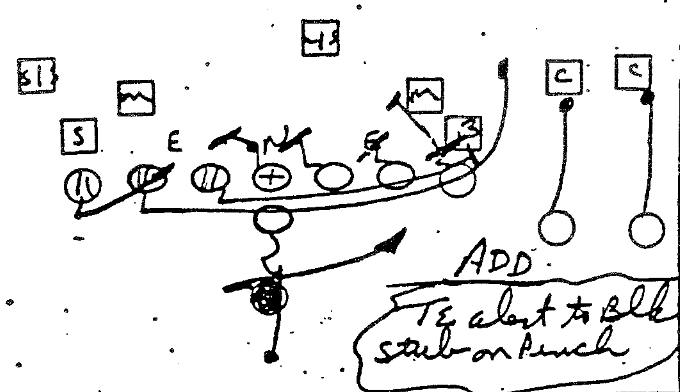


SPR. LT STAY 40 GIANT

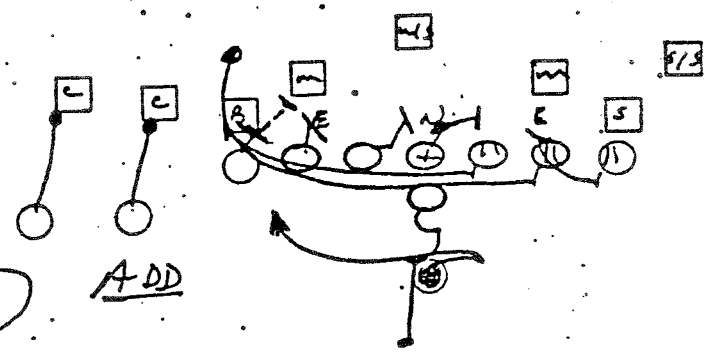


** RUN BLKING VS. PACKERS DBL. EAGLE Def.

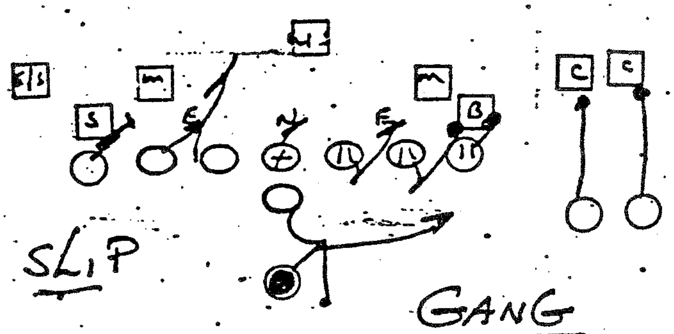
UNIT OVER RT 60 CTR. TREY (ADD)



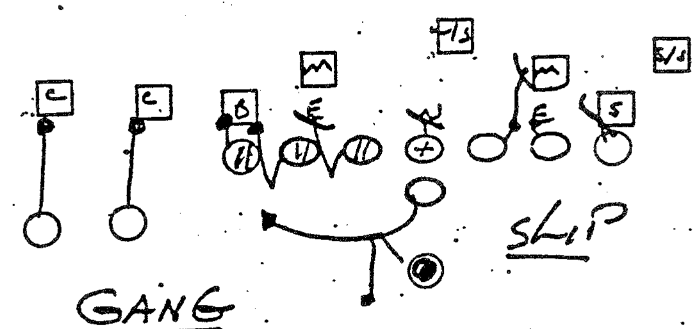
POP UNIT OVER LT 70 CTR TREY (ADD)



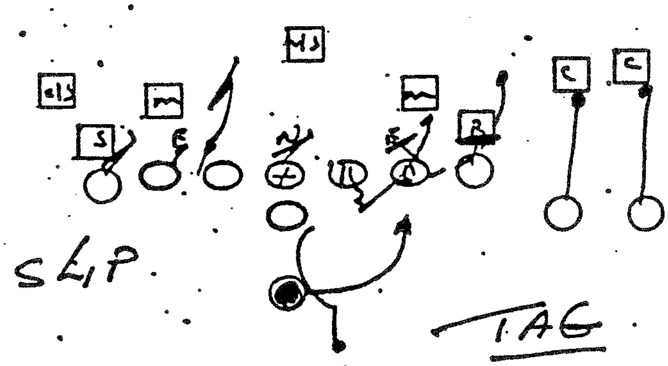
POP UNIT OVER RT 60 OUTSIDE



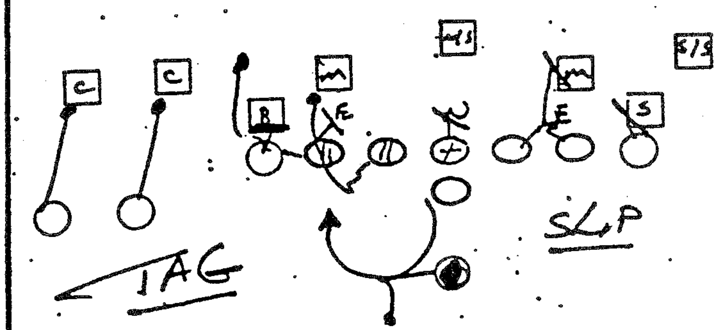
POP UNIT OVER LT 70 OUTSIDE



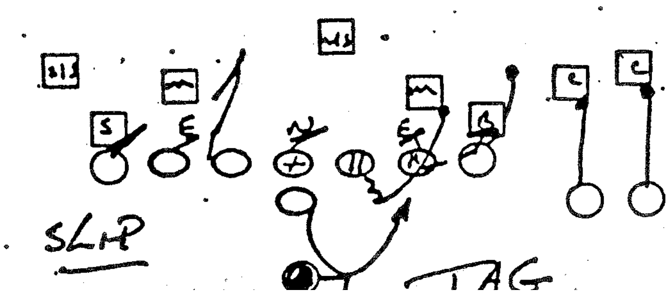
POP UNIT OVER RT 40 GUT



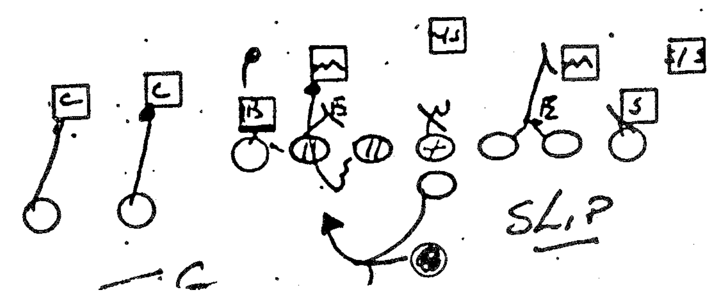
POP UNIT OVER LT 50 GUT



POP UNIT OVER RT 40 GIANT

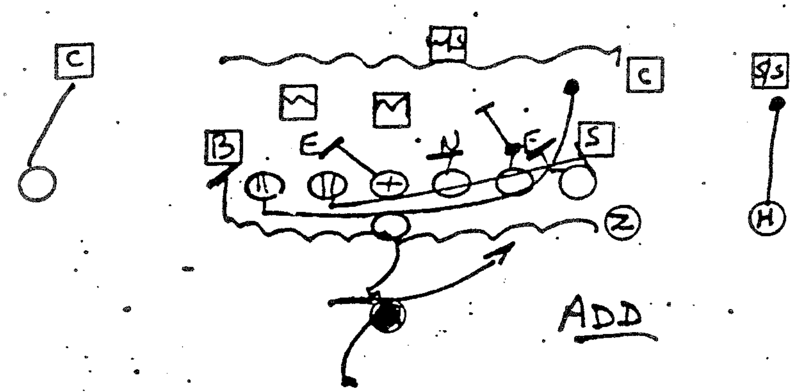


POP UNIT OVER. LT 50 GIANT

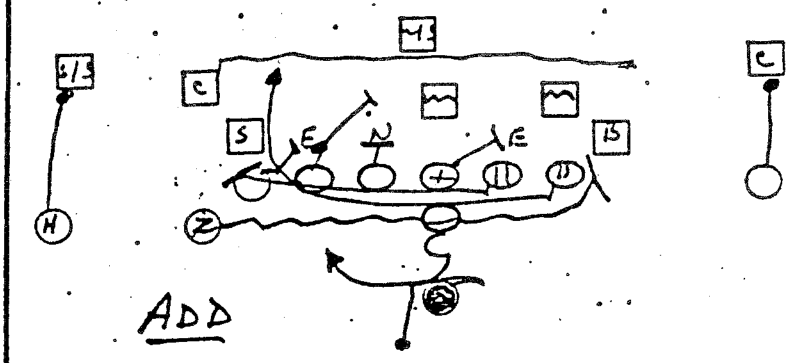


** RUN BLKING VS. PACKERS 34 OVER DEF.

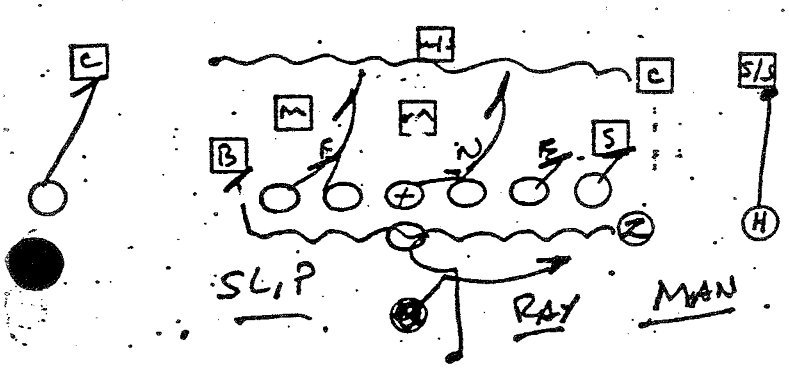
ST TRIPS RT WHIZ 60 CTR TREY (ADD)



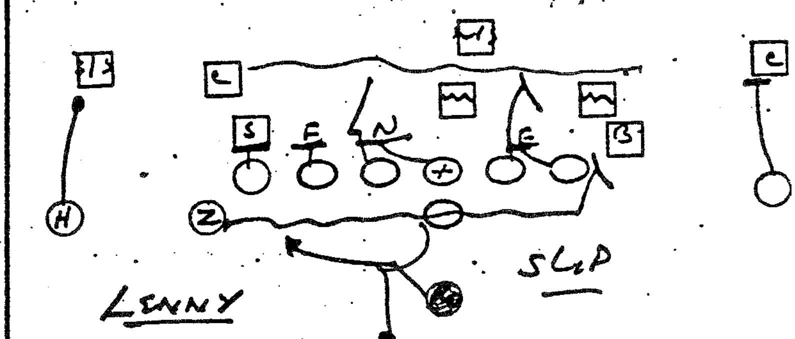
SW ST TRIPS LT WHIZ 70 CTR TREY (ADD)



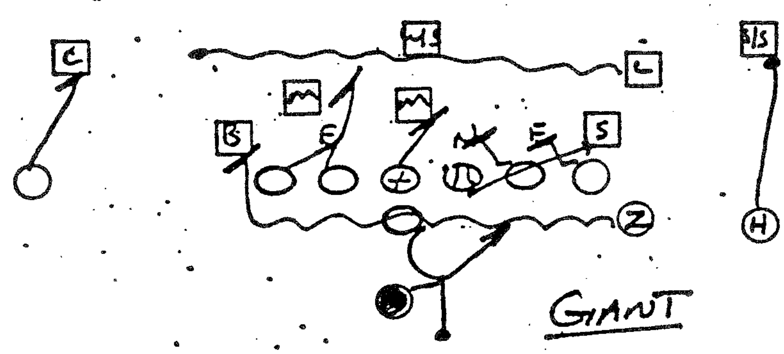
SW ST TRIPS RT WHIZ 60 OUTSIDE



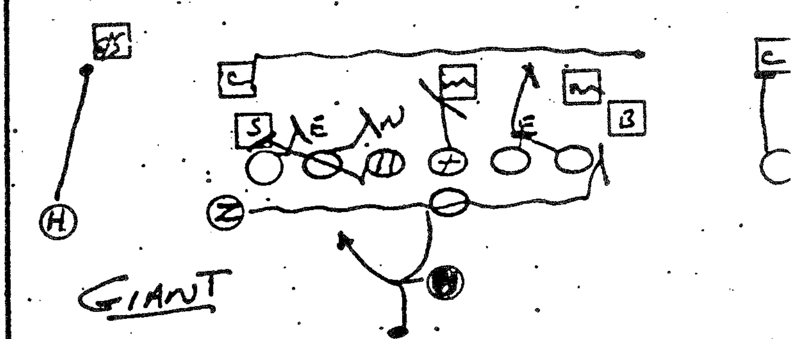
SW ST TRIPS LT WHIZ 70 OUTSIDE



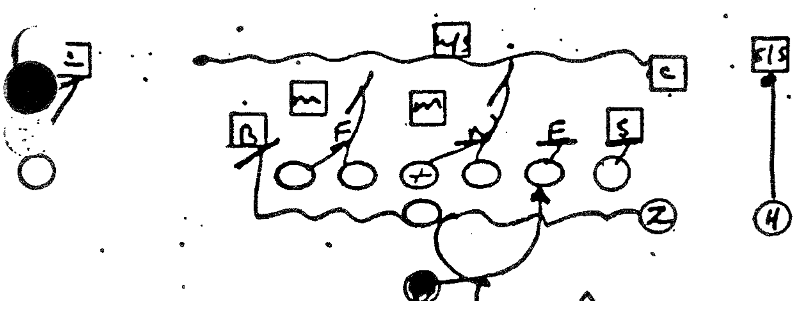
SW ST TRIPS RT WHIZ 40 GIANT



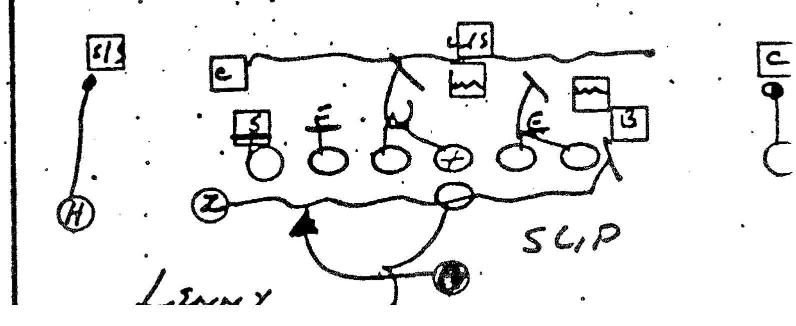
SW ST TRIPS LT WHIZ 50 GIANT



WST TRIPS RT WHIZ 40 GUT



SW ST TRIPS LT WHIZ 50 GUT

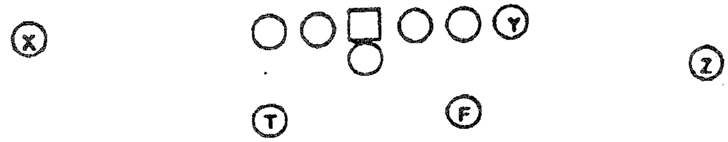


Washington Redskins

FORMATIONS NOMENCLATURE

1. **2 BACK:**

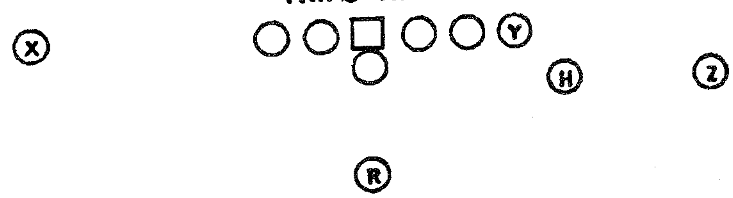
SPLIT RIGHT



X-Z - WIDE RECEIVERS
Y - TIGHT END
T - TAILBACK
F - FULL BACK

2. **1 BACK:**

TRIPS RIGHT



X-Z - WIDE RECEIVERS
Y - TIGHT END
R - REMAINING BACK
H - H BACK

3. The Y (TE) aligns to the call: RIGHT/LEFT.
4. The Backs align by the formation call: NAME
5. The Wide Receivers align by formation/variation call: NAME
6. RUN STRENGTH - to the Y (TE) side.
7. PASS STRENGTH - to the 2 Receiver side.

NOTE:

Defensive front calls are by the Y (TE) location.
Defensive coverage calls are by the 2 Receiver location.

FORMATION TERMINOLOGY

1.	STRONG SIDE	2 Receiver side on pass - Y on run.
2.	WEAK SIDE	1 Receiver side on pass - open side on run.
3.	CLOSED SIDE	The side with an End next to the Tackle.
4.	OPEN SIDE	The side with no End next to the Tackle.
5.	ON SIDE	The side of the formation to the play.
6.	OFFSIDE	The side of the formation away from the play.
7.	Q POSITION	Back aligned behind the QB.
8.	T POSITON	Back aligned behind the Tackle.
9.	NORMAL	X aligned opposite Y and Z.
10.	SLOT	Y Aligned opposite X and Z.
11.	SHIFT	Receiver/Back move then set before the snap.
12.	MOTION	Receiver/Back move during the cadence.
13.	FAKE MOTION	Start motion called, then return to original position.
17.	ADJACENT RULE	Backs/Receivers never line up next to each other on the L.O.S.

FORMATION PERSONNEL

REGULAR	1 TE - 2 WR - R - H
2 TE	2 TE - 2 WR - R
3 WR	1 TE - 3 WR - R
4 WR	4 WR - R
HEAVY 2 TE	2 TE - 1 WR - 2 RB
HEAVY 3 TE	3 TE - 1 WR - R
JUMBO	3 TE - 2 RB

CALLING FORMATIONS

SEQUENCE FOR FORMATION CALLS

1. Any shift by Receivers or Backs.
2. Backfield set.
3. Direction of TE (Y) - Right/Left
4. Receiver adjustments - Tight/Wing, etc.
5. Receiver motion (X-Y-Z)
   - Into the formation call: Spread Rt Zoom (Z) / Fly (Y)
   - Out of the formation call: Double Rt Spear (H)
6. Back motion (R/T - F/H).
   - Out of the Formation call: Trips Rt Whiz (H)

SHIFT/MOTION SNAP

MOVEMENT STARTS:

1. SHIFTS start after Down or Down-Down
2. TE/ H MOTION starts on Ist color
3. TE/H QUICK MOTION starts on 2nd color
4. X/Z MOTION starts on Ist color
5. R MOTION starts on Ist color

MOTION SNAP COUNTS:

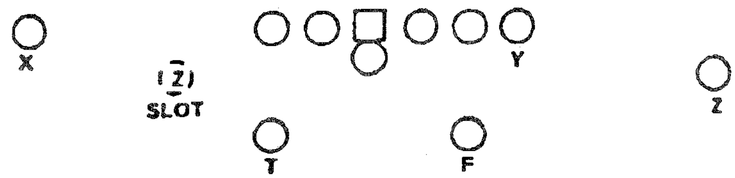
1. Basic on White
2. Fake. on White
3. Long on White
4. Quick / Short on Red
5. Blue / Double Down / Double Cadence

HUSTLE CALL BY THE QB:

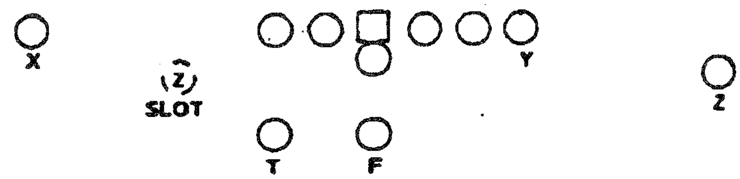
1. Calls off all movement.
2. Used when clock is short

2-BACK FORMATIONS

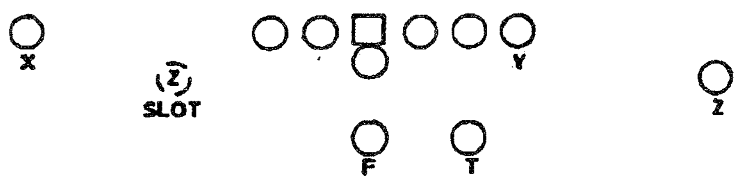
SPLIT RIGHT (Slot)



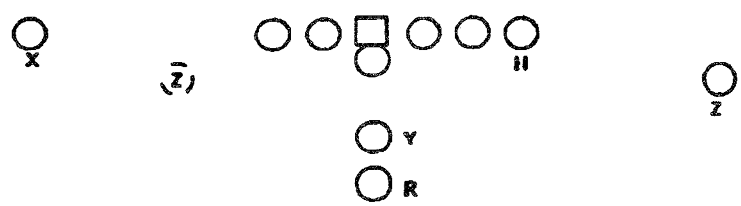
FAR RIGHT (Slot)



NEAR RIGHT (Slot)

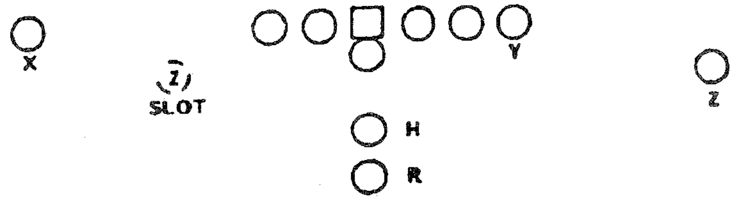


I RIGHT (Slot)

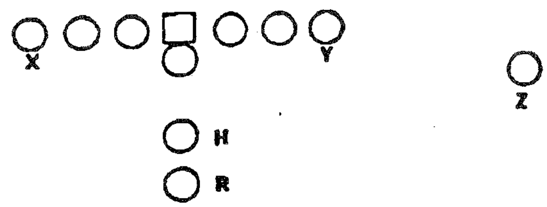


2-BACK FORMATIONS

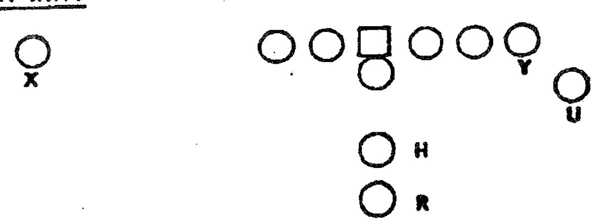
DOT RIGHT (Slot)



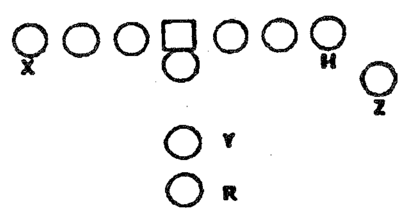
DOT RIGHT TIGHT



DOT RIGHT WING

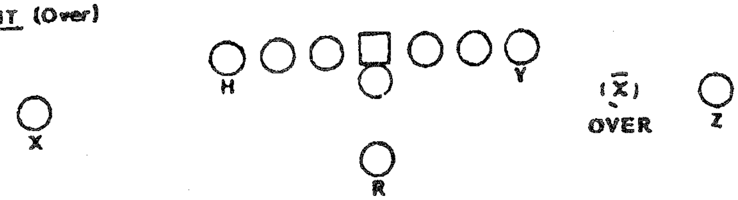


I RIGHT TIGHT WING

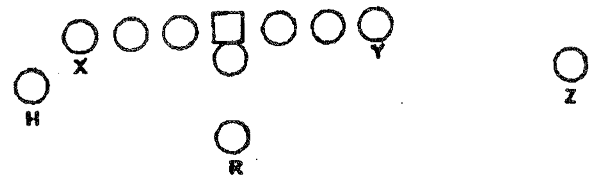


1-BACK FORMATIONS

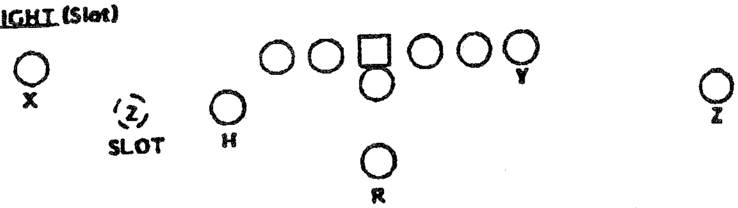
UNIT RIGHT (Over)



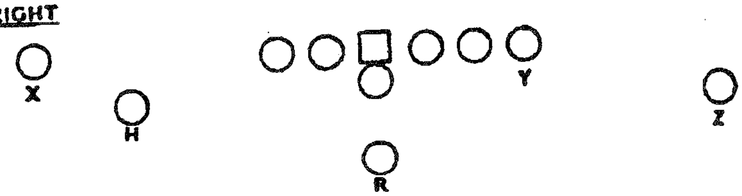
SQUEEZE RIGHT



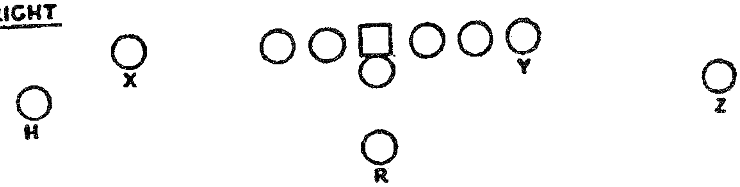
SPREAD RIGHT (Slot)



DOUBLE RIGHT

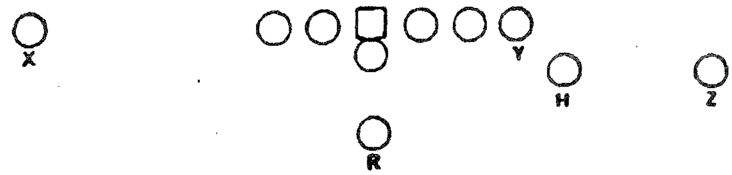


FREEZE RIGHT

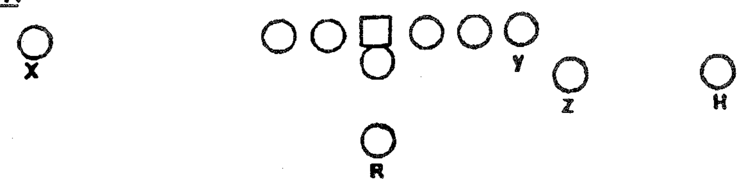


1-BACK FORMATIONS

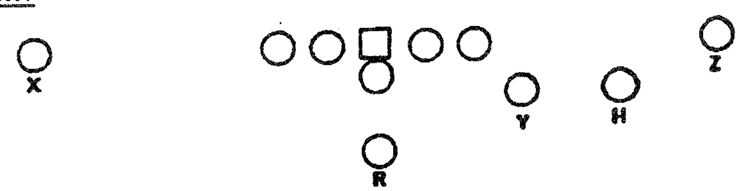
TRIPS RIGHT



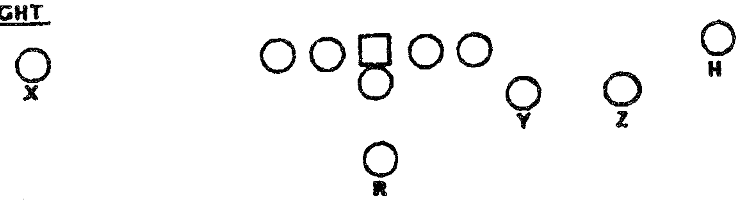
CLOSE RIGHT



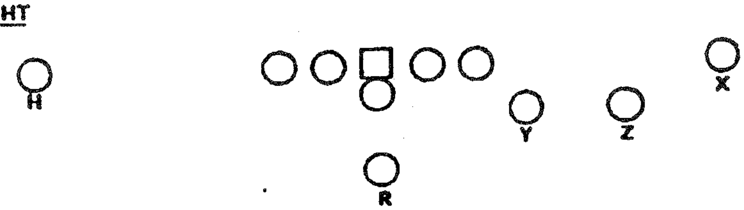
TRAIN RIGHT



DEUCE RIGHT

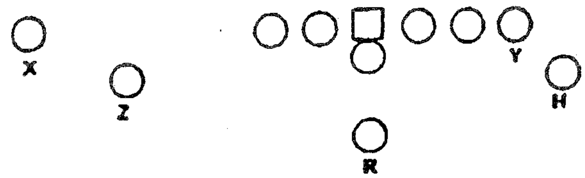


OPEN RIGHT

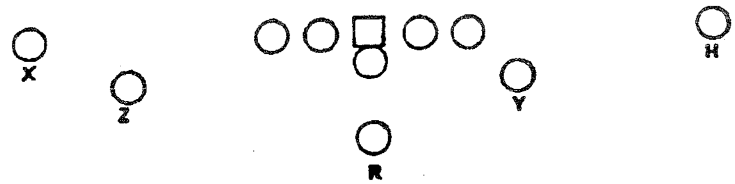


1-BACK FORMATION

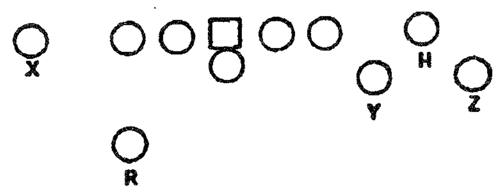
TWINS RIGHT



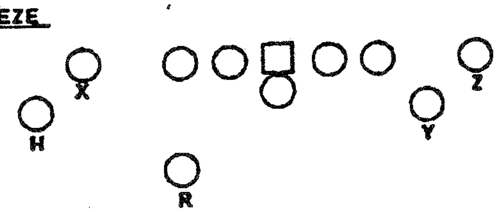
WALK RIGHT



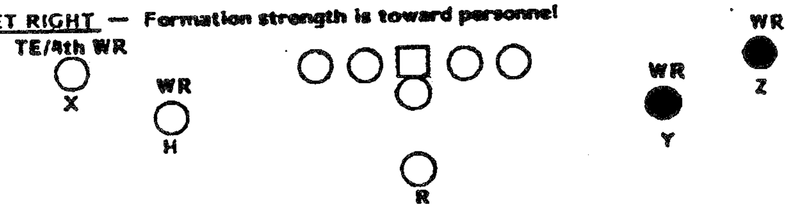
BUNCH RIGHT



BUNCH RIGHT FREEZE



ROCKET RIGHT — Formation strength is toward personnel



MOVEMENT

MOVEMENT IS VERY IMPORTANT TO OUR TOTAL OFFENSIVE SYSTEM. THERE ARE SEVERAL REASONS FOR MOVEMENT IN OUR OFFENSE; AMONG THE MOST PROMINENT REASONS ARE:

1. To create a personnel advantage by creating coverage mis-matches on our Receivers or Backs.

2. To create a personnel advantage by effecting changes in run suppport and force responsibilities.

3. To create secondary movement in an effort to better enable our Quarterback to recognize coverages.

4. To get our personnel in better position to execute their given assignment.

5. To create problems for the defense in Man under coverages when attempting to hold or bump Receivers at the line of scrimmage.

6. To create an opportunity for indecision, confusion, and/or mis-alignment by the secondary.

7. To cause movement on the part of the Defense in an effort to realign their personnel with the coverage calls and changes and not allow them to set themselves and react to familiar offensive patterns. Make the Defense play "on the move."

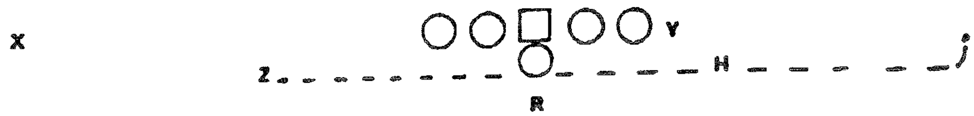
8. To force opponents to spend practice time and effort on adjusting to movement patterns rather than improving defensive skills and schemes.

9. To create a visual complexity to the defense, yet be able to run the same basic plays from a variety of looks.

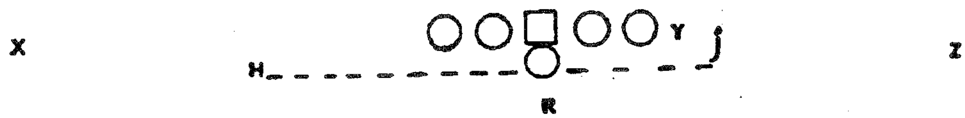
MOVEMENT CATEGORIES

MOTION:

INTO THE FORMATON CALL — EX: ZOOM
TRIPS RT ZOOM



OUT OF THE FORMATION CALL — EX: SPEAR
DOUBLE RT SPEAR



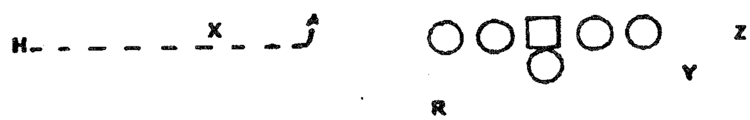
OUT OF THE FORMATION CALL — EX: JET OUT
SPREAD RT JET OUT



OUTSIDE IN TO THE INSIDE RECEIVER — EX: ZIP
~~BUNCH~~ RT DART
Spread



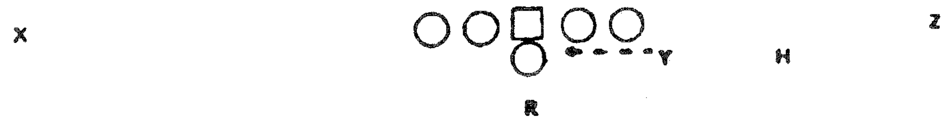
OUTSIDE IN, INSIDE THE OUTSIDE RECEIVER — EX: DART
BUNCH RT DART



MOVEMENT CATEGORIES

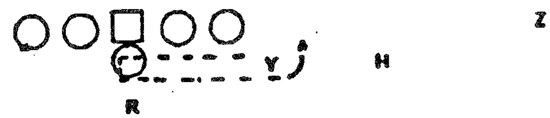
QUICK Z STEP MOTION — EX: BANG

TRIPS RT BANG



FAKE - START MOTION CALLED THEN RETURN — EX: FAKE FLY

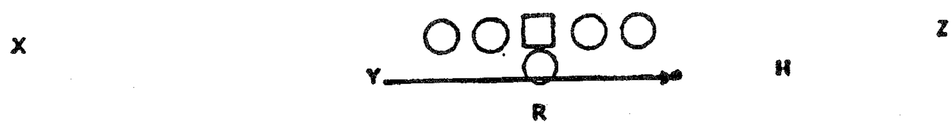
TRAIN RT FAKE FLY



SHIFTS

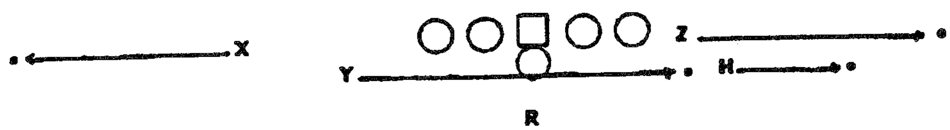
ALIGN OPPOSITE END UP IN THE FORMATION — EX: STEM

STEM TRAIN RT



ALIGN TIGHT END UP WIDE — EX: EXPLODE

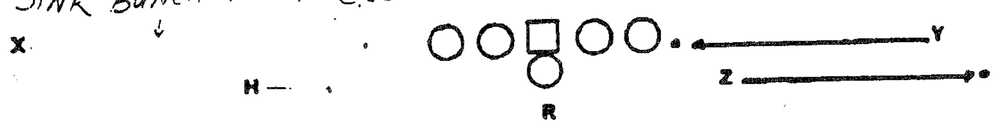
EXPLODE TRAIN RT



ALIGN WIDE END UP TIGHT — EX: SINK

SINK DOUBLE RT

Sink Bunch Rt Treeze



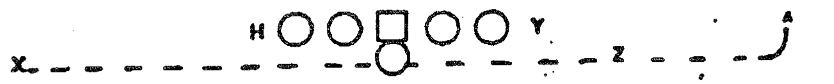
X - MOTION

WALK RT X-IT

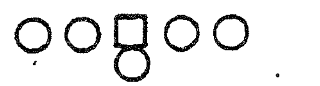


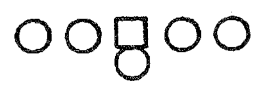
X ALIGN OPPOSITE THE FORMATION CALL - MOTION ACROSS
EXIT - TO THE CALL

UNIT RT OX



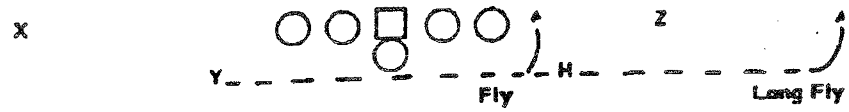
X MOTION ACROSS OUT OF THE FORMATION
OX - TO AN ASSIGNED SPOT





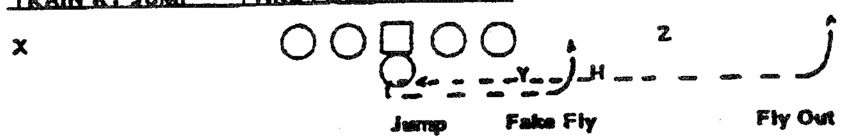
Y - MOTION

TRAIN RT FLY — LONG FLY



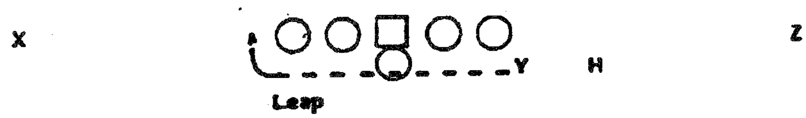
Y ALIGN OPPOSITE THE FORMATION CALL — MOTION ACROSS
FLY - TO THE CALL
FLY OUT - TO THE CALL OUTSIDE Z

TRAIN RT JUMP — FAKE FLY — FLY OUT



Y ALIGN TO THE FORMATION CALL — MOTION SAM SIDE
FAKE FLY - RETURN
FLY OUT - OUTSIDE Z
JUMP - QUICK MOTION TO CENTER

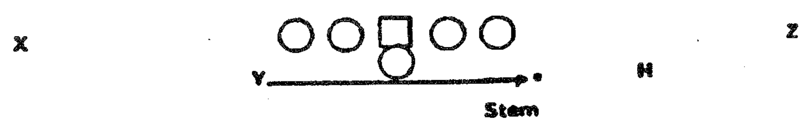
TRAIN RT LEAP



Y ALIGN TO THE FORMATION CALL — MOTION AWAY
LEAP — TO THE WEAK TACKLE

Y - SHIFTS

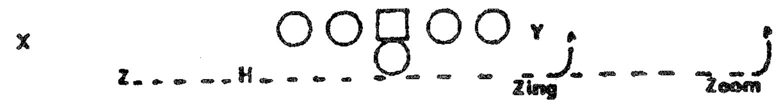
STEM TRAIN RT



Y ALIGN OPPOSITE THE FORMATION CALL — SHIFT ACROSS

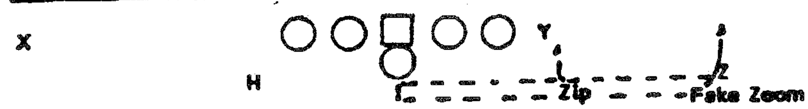
Z - MOTION

SPEAD RT ZING — ZOOM



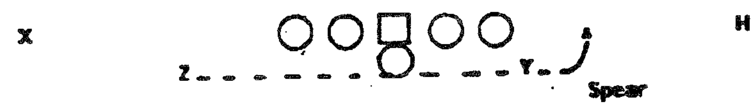
Z ALIGN OPPOSITE THE FORMTION CALL — MOTION ACROSS
ZOOM - TO THE CALL
ZING - TO THE WING

SPREAD RT ZIP — FAKE ZOOM

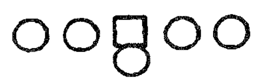


Z ALIGN TO THE FORMATION CALL — MOTION SAME SIDE
FAKE ZOOM — RETURN
ZIP — TO THE TE

WALK RT Z SPEAR

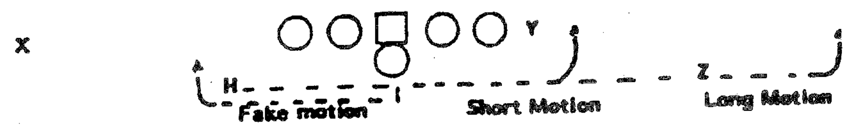


Z MOTION ACROSS OUT OF THE FORMATION
SPEAR — TO THE TE



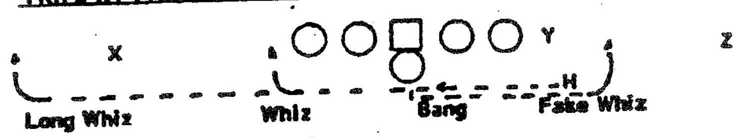
H - MOTION

SPREAD RT FAKE MOTON — SHORT MOTION — LONG MOTION



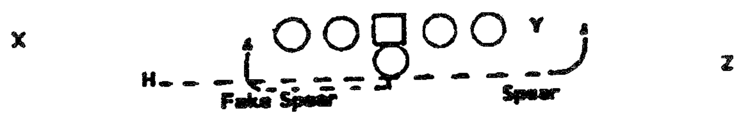
H MOTION ACROSS OUT OF THE FORMATION
SHORT MOTION - TO THE TE
LONG MOTION - OUTSIDE Z
FAKE MOTION - RETURN

TRIPS RT FAKE WHIZ — BANG — WHIZ — LONG WHIZ



H MOTION ACROSS OUT OF THE FORMATION
WHIZ - TO THE WEAK TACKLE
LONG WHIZ - OUTSIDE X
FAKE WHIZ - RETURN
BANG - QUICK MOTION TO CENTER

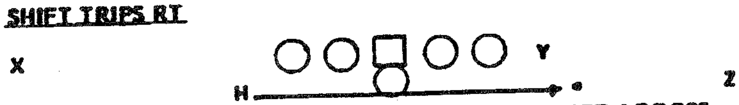
DOUBLE RT SPEAR — FAKE SPEAR



H MOTION ACROSS OUT OF THE FORMATION
SPEAR - TO THE TE

H - SHIFT

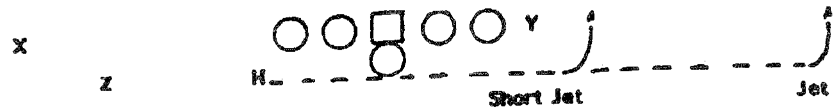
SHIFT TRIPS RT



H ALIGN OPPOSITE THE FORMATION CALL — SHIFT ACROSS

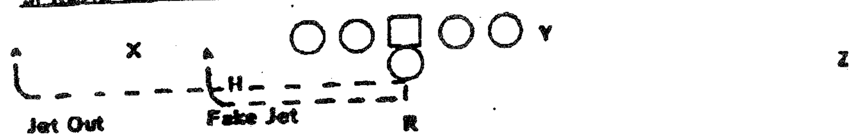
H - MOTION

SPREAD RT SLOT JET — SHORT JET

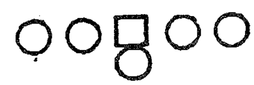


H MOTION WEAK ACROSS OUT OF THE FORMATION
JET - OUTSIDE THE WEAKSIDE RECEIVER
SHORT JET - TO THE TE

SPREAD RT FAKE JET — JET OUT

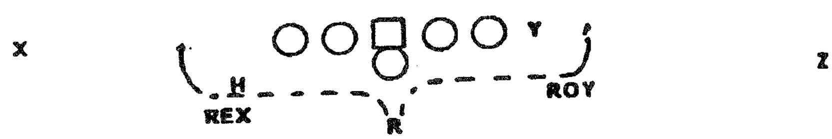


H MOTION WEAK NOT ACROSS THE FORMATION
FAKE JET - RETURN
JET OUT - MOTION OUTSIDE THE WEAKSIDE RECEIVER



R - MOTION

SPREAD RT REX - ROY



REX - R MOTION TOWARD X
ROY - R MOTION TOWARD Y